

Computer Workstation Ergonomics



A poorly configured computer setup can cause significant discomfort. Optimizing your workstation using the following guidelines can prevent back pain and neck pain, carpal tunnel syndrome, eyestrain, and other conditions.

KEYBOARD POSITIONING

If your keyboard is too far away or too close, you may have to compromise your posture to compensate, resulting in shoulder or wrist strain and cramping. To find the correct distance, sit with your shoulders back and your elbows close to your sides. Your fingertips should rest comfortably in the typing position.

Position the keyboard at a height that allows you to keep your wrists straight and your shoulders relaxed as you type. Your forearms should be roughly parallel to the floor.



MONITOR POSITIONING

Prevent strain on your eyes and neck by ensuring your monitor is at the appropriate height. With your head level, your eyes should be aligned with a point 2 to 3 inches below the top of the screen. You shouldn't have to tilt your head up or bend your neck down to see the screen.

Your monitor should be centered in front of you and placed at a distance approximately an arm's length away, where you can read text and see images clearly without leaning forward or straining your eyes.

Stretching exercises throughout the day can also reduce strain and prevent injury.



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stretching exercises here:



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