



Computer Work

Working for long periods on a computer can lead to repetitive stress injuries.

For Example:

- Using a mouse for several uninterrupted hours can lead to hand injuries.
- Viewing a computer monitor for prolonged periods can cause the fatiguing of neck and shoulder muscles.

Simple Solutions

- Change positions frequently throughout the day.
- Make small adjustments to your chair or backrest.
- Occasionally stretch your fingers, hands, arms and torso.
- Stand up and walk around periodically.

Avoid Awkward Positions

- A monitor set too high causes you to tilt your head back, which fatigues the neck and shoulder muscles.
- A tray that is too small for the keyboard can cause you to place the mouse in a position that requires you to reach for it, which pulls the elbow away from the body and causes you to support your arm in an elevated position for extended periods.
- A keyboard that is set too low causes you to bend your wrists at extreme angles, causing finger tendons to bend around the wrists' bones.

Neutral Body Positioning

When sitting at a computer work station, you should have a comfortable posture and your joints should be aligned naturally:

- Hands, wrists and forearms are straight, in-line and roughly parallel to the floor.
- Head is facing forward (in line with the body), level or bent slightly forward.
- Shoulders are relaxed and upper arms hang normally at the side.
- Elbows stay close to the body and are bent between 90 and 120 degrees.
- Feet are supported by floor or footrest.
- Back is supported with appropriate lumbar support.
- Thighs and hips are supported by a well-padded seat and are parallel to the floor.
- Knees are about the same height as the hips with feet slightly forward.

Safety Tips

- Take short breaks; stand, stretch and move around.
- Learn to use and adjust components at your work station.
- Minimize glare.
- Maintain appropriate air circulation.
- Avoid sitting directly under air conditioning vents.

Source: Occupational Safety & Health Administration

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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