



# Do You Measure Up In Ergonomics?

## How Does Your Workstation Measure Up?

- ◆ **Your Chair**  
*Should support your low back  
Your feet should rest firmly on the ground (or  
footrest) slightly in front of you*
- ◆ **Your Monitor**  
*Should be directly in front of you, at an arm's  
length distance with your eyes at the same  
level as the tool bar*
- ◆ **Your Mouse**  
*Should be positioned close to you near the  
edge of the desk*
- ◆ **Your Keyboard**  
*Should be centered in front of you and near  
the edge of the desk*

## How Does Your Posture Measure Up?

- ◆ Your feet should be well supported  
(either by the floor or a footrest)
- ◆ The angle at your hips and knees  
should be  $>90^\circ$
- ◆ Your back should be well supported  
by your chair
- ◆ Your head and neck should remain  
upright
- ◆ Your upper arms should remain close  
to your body and relaxed
- ◆ Your elbow angle should be  $90^\circ$  or  
greater
- ◆ Your forearms should be parallel with  
the ground or angled slightly  
downward
- ◆ Your wrists should remain in a  
straight or neutral position

## Look for Signs of Ergonomic Injuries

- ◆ Presence of tingling, numbness or loss of sen-  
sation in the hands
- ◆ Pain: sharp, dull or burning sensation
- ◆ Weakness
- ◆ Cold hands
- ◆ Clumsiness or loss of coordination
- ◆ Discomfort or tightness in the muscles
- ◆ Swelling, inflammation or stiffness in joints

