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 sensation 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