

PRACTICE GOOD COMPUTER ERGONOMICS

- Position the computer monitor so the top of the screen is at or below eye level. This can be accomplished by taking the computer off its base or stand, or elevate your seat height to reach the desired effect.
- Make sure the chair at the workstation fits properly. An ergonomic back cushion, pillow or rolled up towel can be placed at the small of the back for added support. There should be two inches between the front edge of the seat and the back of the knees. The chair should have arm supports so that the elbows are resting within a 70- to 135-degree angle to the computer keyboard.
- Wrists should be held in a neutral position while typing, not angled up or down. The mousing surface should be close to the keyboard as to avoid reaching and holding arm away from body for prolonged periods of time.
- The knees should be positioned at an approximate 90- to 120-degree angle. To accomplish this angle feet can be placed on a foot rest, box, stool or similar object.
- Reduce eyestrain by making sure there is adequate lighting and no glare on the monitor screen. Use an anti-glare screen if necessary.
- Limit your time at the computer and take frequent breaks, every 20-30 minutes to stretch. Stretching can include clenching hands into fists and moving them in 10 circles inwards and 10 circles outwards. Placing hands in praying position and squeezing them together for 10 seconds and then pointing them downward and squeezing for 10 seconds. Spreading fingers apart and closing them one by one. Standing and wrapping arms around body and turning all the way to the right and then all the way to the left.
- Your muscles need adequate hydration to work properly and avoid injury. Drinking 8-10 glasses of water a day are encouraged. Carbonated beverages, juices, and other sweet drinks are not a substitute.
- If you still continue to experience pain and strain from sitting at your workstation you are encouraged to see a Doctor of Chiropractic. A Chiropractor can help alleviate your pain and help prevent further injury.



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