

WORKPLACE ERGONOMICS

Decrease Fatigue, Discomfort and Physical Stress

YOUR COMPUTER

Keep monitor directly in front of you
Monitor top no higher than eye level
Position monitor an arm's length away
Avoid eye strain with monitor away from bright lights

Move keyboard directly in front of monitor
Keep keyboard and mouse close to prevent reaching
Relax wrist when using mouse
Keep your wrists straight when typing



YOUR CHAIR

Use a cushion (e.g., small pillow) for lumbar support if the chair does not provide any lumbar support.
Sit up straight to reduce back strain
Keep arms supported
Plant feet on floor or footrest
Keep head directly above neck—don't strain
Position chair as close to work as you can

YOU

For hands-free phoning use a headset
Rest your eyes periodically
Get up, stretch and walk around regularly
Exercise care when doing any lifting
Let supervisors know if you're hurting

FACT

In 2015, musculoskeletal disorders such as strains resulting from awkward sitting positions or repetitive motions, accounted for 356,910 cases (31%) of the total cases for all workers



For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org

Source: United States Department of Labor Bureau of Labor Statistics

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