

Remedies for Computer Workstation Pains™

Ergonomics and How It Affects You

You have heard it, but do you really know what it is?

Ergonomics (pronounced er-go-nom-ics) is designing and arranging your workstation to comfortably fit your body allowing you to be ergonomically correct.

Ergonomics affects all computer users!

Computers are vital and they have dramatically changed the way we work. Computers have helped us to be more efficient and effective, they have also caused problems. *The problems I'm talking about aren't with software or hardware - the problems are with humanware.*

Today, we humans spend much of our time at the computer, sitting for long periods, performing visually and physically demanding tasks. *As our computer use increases, so does the risk of injuries* related to improper ergonomic practices.

Your Performance

Human performance ultimately depends on comfort, so it's important to consider all ergonomic and human factors. By ignoring comfort, peak performance drops. Fatigue sets in, discomfort is felt, and this leads to pain. If the root cause of the pain is not removed and pain continues, an injury may result.

Designing a workstation that considers ergonomics and human factors enables computer users to improve their comfort and performance, while minimizing health and safety risks. Every computer user has a right to work without discomfort, pain, or injury!

Learn more at: www.ErgoCorrect.com

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