Performance Health **Ergonomically Correct** LLC

Remedies for Computer Workstation Pains™

Work At An Ergonomically Correct Workstation

I have mentioned that ergonomics affects every computer user's performance, which ultimately depends on human comfort (designing the workstation to fit the user) or *pain*.

I have explained the importance of ergonomic *training* to inform you about the causes of computer-related pains and how adequate *breaks* from computer use can offer you more productivity and fewer errors. The last issue discussed why working in a *neutral* posture can reduce fatigue, thus increasing your energy.

My fifth Computer User Bill of Right is
"Every computer user has the right to work at an *ergonomically correct* workstation."

Too often, computers have been installed in offices that were originally designed for paper, resulting in improper desk height, uncomfortable chairs, and inappropriate lighting for computer users.

A poorly designed workstation can: cause or contribute to the development of musculo skeletal disorders (e.g. carpal tunnel syndrome, tendonitis), cause cumulative micro traumas resulting in pain or injuries, reduce performance, and increase fatigue.

To address the major risk factors of Carpal Tunnel Syndrome we need to create an ergonomically correct workstation. Your *chair* height needs to be adjusted so you can work with your elbows at a 90 degree angle, wrist straight, and feet comfortably resting on the floor.

Position your *keyboard* to facilitate maintaining a straight wrist. Ensure that the monitor is centered directly in front of you, at the ergonomically recommended distance (different for each person), and the top of the screen terminal on the sight line. *Keyboard*, *mouse*, and *phone* are to be positioned within the "work envelope." Working *documents* are positioned on the same sight plane and distance to avoid neck strain and eye strain.

Don't wait until you are in pain to change your workstation, prevent pain now!

Learn more at: www.ErgoCorrect.com

Dave Pfeil
Ergonomic Strategist