

Workstation Ergonomics

Setting up Your Workplace

If you sit at a desk for long periods of time at work, try and set up your workstation so is stress free on your body. A good workstation helps create good posture when restricted with repetitive work habits and prevent workplace injuries caused from poor posture and repetition.

Important points to note:

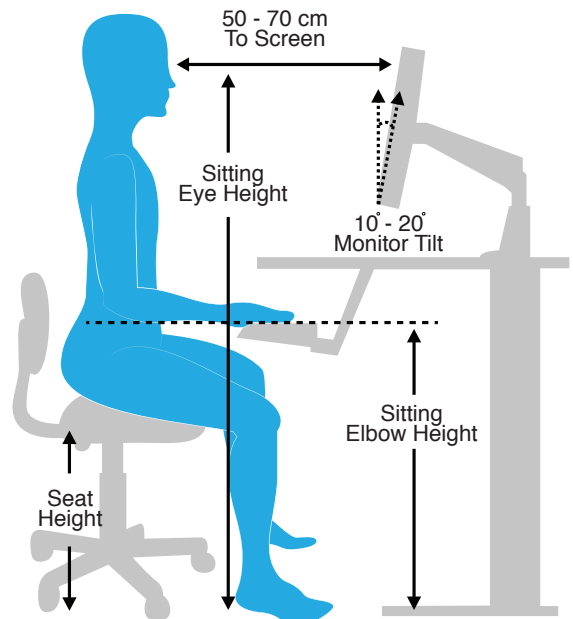
- Set your computer monitor on a slight tilt, directly in front of you with your eyes level with the top of the monitor.

- When typing try and keep your arms at a right angle from your shoulders and wrists in line with your forearms. Sit at least an arm's length away from your computer on a seat that can be adjusted properly.

- Keep your mouse close to your keyboard with your arm supported.

- Always have your feet flat on the ground. No crossed knees or ankles and never sit on your legs. If your feet don't reach the ground, use a foot rest.

- Try and take regular breaks to stretch your legs and get some mobility back into your joints.



Optimal Chair Setup

Having proper seating posture is the easiest way to prevent spinal injury and fatigue in the body. When buying a chair for your desk that you expect to spend long periods of time sitting in, try and look for a chair that can be adjusted accordingly. The key features to look for in an adjustable chair are one that is height adjustable, has pelvic tilt and lumbar support.

How to Adjust Your Chair Correctly:

- Adjust the height of your chair so that your feet are flat on the floor and your knees level or below your hips.

- Set your pelvic tilt to a slight forward incline to create a natural inward lower back curve.

- The lumbar support should fit into the curve of your lower back, preventing lumbar strain and keeping the spine and neck straight while seated.