

💡 Tips on Ergonomics at Work

Workstation ergonomics can help you be more comfortable at work, lowering stress and reducing the chance of injury caused by awkward positions. Here are a few simple tips to help you set up a healthy, ergonomic workspace:

- When sitting in your chair, keep your knees level with your hips. If your feet aren't flat on the floor, use a foot rest to provide adequate support.
- Adjust the lumbar support of your chair to maintain the natural "S" curve of your spine. Using the backrest of the chair for full support to prevent muscle discomfort. If the backrest is used correctly, your ears will be in line with your shoulders.
- Your upper arms should be alongside your body, elbows at 90 degrees when using the keyboard and mouse.
- Wrists should form a straight-line with your forearms, not bent. The chairs armrests should be lowered just below the elbow; armrests are for resting, not to hold your shoulders up high.
- Position the mouse at the same level, and as close to the keyboard as possible.
- Monitors should be straight in front of you, with the top of the monitor just above eye level.

Regardless of how good your working posture is, working or sitting in the same position for prolonged periods of time is not healthy. You should change your working position frequently throughout the day in the following ways:

- Make small adjustments to your chair or backrest.
- Every 20 minutes, stand for 20 seconds, and look 20 feet away from your screen.
- Stretch your fingers, hands, arms, and torso.
- Standup and walk around for a few minutes periodically.

