Proper Computer Posture Pays Off

Ergonomics is all about designing workplaces based on the limitations and physical abilities of workers. It improves the efficiency of one's work environment. With more employees sitting longer at computers these days, this is more important than ever to avoid chronic health issues.

Poor Posture Can Lead to:

- Sore necks
- Poor circulation
- Muscle fatigue
- Diminished lung function
- Headaches
- Rounded shoulders

6 Tips for Good Computer Posture

1

Find a Comfortable Chair

A chair that is adjustable is key. Find one that offers a height and back adjustment and that tilts.

4

Keep Your Neck Aligned

Keep your neck and head in-line with your shoulders.

2

Keep Wrists Flat

As you type, keep your fingers slightly curved and your wrists as relaxed as possible.

5

Adjust Your Monitor

Your monitor is too far if you crane your neck. Keep it no further than 18-24 inches from view.
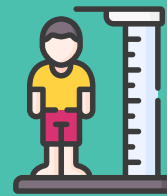
3

Keep Your Feet Down

As tempting as it may be to curl your feet under you, keep your feet flat on the ground.

6

Height Makes a Difference

Based on your height, you'll need to adjust your table and chair height accordingly.

Don't Forget: *Get up often to avoid stiffness and to remind your body to realign itself! Set a timer to remind yourself to get up, stretch, and realign your position comfortably.*

TOTAL**WELL**NESS