

Computer Workstation Ergonomics Helpful Tips

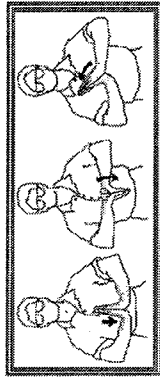
Work Smarter...Not Harder!

- Keep 18-30 inches distance between your eyes and the computer monitor
- Avoid long reaches – not over 16 inches
- Place computer monitor directly in front of you. The viewing angle should be 15-35 degrees below eye level
- Take periodic stretch breaks or non-computer related activities to reduce stress
- Adjust chair height so that thighs rest horizontally, calves are positioned vertically, and feet rest squarely on the floor

Stretches and Exercises

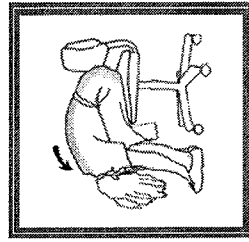
Hands and Wrists

- Place your hands palm-to-palm in front of you
- Move hands downward, keeping your palms together, until you feel a mild stretch
- Keep elbows up and even and hold for 10 seconds



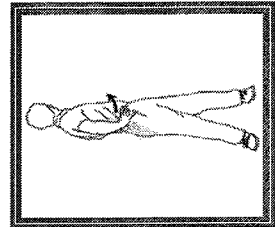
Back (1)

- Lean forward to stretch
- Keep your head down and your neck relaxed
- Hold 10 - 20 seconds then use your hands to push yourself upright



Back (2)

- Stand with hands on your hips
- Gently turn your torso at the waist and look over your shoulder until you feel the stretch
- Hold 8 - 10 seconds
- Repeat other side
- Keep your knees slightly flexed



“Safety is not common sense. Common sense is being educated about your safety.”
– Milton Jacobs, CSP



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