



WORKSTATION HEALTH

Bad computer habits can have painful consequences. Sitting too long at the computer without moving around or changing position can result in repetitive motion disorders and muscle strain.

Are you finding working or playing on your computer to be a pain in the neck—literally? Neck pain, back pain, carpal tunnel syndrome, and many other conditions can result from poor computer workstation habits.

Physiotherapists recommend that you keep your feet flat on the floor, sit up straight, keep your eyes level with the screen, and take frequent breaks at least every 25 minutes to avoid muscle fatigue.

Physiotherapists can help detect early symptoms and develop an intervention program that includes stretching, exercise, and adjustments to the overall work environment.

10 Tips To Help You Monitor Your Workstation Health

1. FEET ON THE GROUND

Ensure that your feet are touching the floor or place them on a footrest when seated.

3. EYES LEVEL WITH THE SCREEN

A nice guideline is to make sure the top of your head is parallel with the top of the computer screen.

4. FOREARMS PARALLEL

Ensure that your forearms are parallel to the floor and your elbows are at a 90-degree angle.

5. SHOULDER BLADES SETTLED

Shoulder blades should be settled on the back of the ribs, not in an arched or hunched position.

6. CORRECT MOUSE POSITIONING

Place your mouse near the keyboard so you do not need to reach for it.

7. REST YOUR EYES

Look away from your computer screen as often as possible and focus on distant objects.

8. TAKE A BREAK

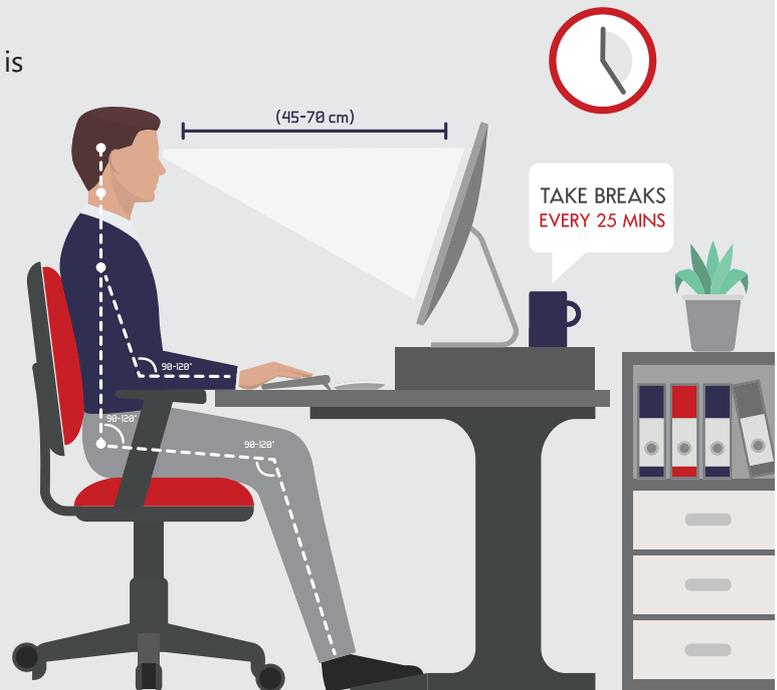
Take a break from the computer at least every 25 minutes.

9. STRETCH AND MOVE

Do some stretches such as head turns, shoulder rolls, and marching your feet in place while seated.

2. SIT UP STRAIGHT

Make sure that you sit upright with your weight on your bum and feet.



10. WATCH FOR PROBLEMS

Be attentive to warning signs such as headaches, fatigue, muscle pain, or cramping and make adjustments early to prevent injuries.