

8 ERGONOMICS TIPS



When sitting at your desk all computer devices should be as centered as possible. If you have two screens, ensure even space between them so that you are not favoring one side.

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The top of the screen(s) should be at eye level to help reduce excessive pressure on your neck. You can increase the height of the screen by placing magazines or books underneath.

Ensure you are sitting back fully into chair so that your back is supported by the back of the chair.

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Your feet should be placed flat on the floor or on a footrest, and your knee joint should either be slightly below or in line with your hip joint.

Your shoulders should not be elevating while you type. To allow this ensure your seat is at the correct height for your table. Elbows should be fully supported on the table in front as you type.

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We recommend that you try to take a rest by standing up from your desk every 30- 60 minutes and do range of movement exercises.

Drink plenty of water throughout the day to help maintain good hydration and reduce muscle fatigue!

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Get out for a walk, the earlier in the day the better, to wake your muscles up and improve circulation and length in your postural muscles especially!