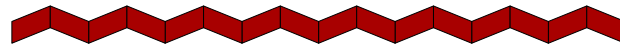




ERGONOMICS



Safety & Security Fact Sheet

Over time, employees who spend their work lives at poorly designed computer work stations are at risk for a variety of injuries to the upper extremities and back. The current ergonomic guidelines for computer workstation setup should help alleviate computer workstation injuries.

- ✓ To avoid eyestrain, the proper distance between employee and monitor is as far away as possible, while still being able to read text clearly.
- ✓ The top of the monitor should be at least 15 degrees below eye level.
- ✓ Wrists should be kept straight and the arms, especially near the elbows, should not be resting on anything hard or sharp. The desk chair should be low enough for feet to rest on the floor. Workers should use wrist and palm rests during pauses to keep the wrists from flexing any more than is necessary, not as a brace during typing. Basically, the idea is not to put extra pressure on the carpal tunnel in the wrist.
- ✓ Frequent breaks from the computer station are a good idea.



Information provided by the National Safety Council Advantage.

If you need assistance, call the safety section at 571-423-2010.