



COMPUTER ERGONOMICS

TOOLBOX TALK SERIES – INJURY PREVENTION

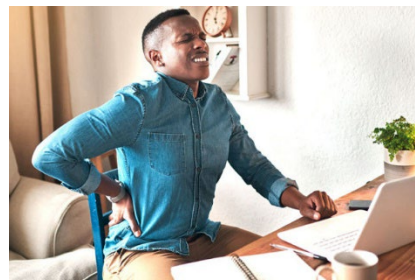
February 2023

Over the past several decades, the use of computer based technology has become indispensable in most offices. However, with this increased use, concerns have arisen about the health, safety and comfortable use of computers.

Symptoms

Muscular Discomfort – Pain, aching, loss of coordination, numbness and stiffness.

Eye Strain – Headaches, dizziness, nausea



Preventative Ergonomic Guidelines:

Monitors – Monitors should be placed so that they are roughly arm's length away from you while seated. The height of the monitor should be set so that the toolbar at the top of the screen should fall just below eye level. This reduces the changes of neck strain.

Keyboard and Mouse Configuration – Keyboard should be set to a height so that your forearms are parallel to the floor and make a 90 to 110 angle with your upper arm. Wrists should not rest on any hard or soft surface.

Chair Configuration – Seat should have roughly 2-3 finger space between edge of the seat and the back of your legs. Lumbar support should contour and rest against your lower back. Feet should be flat on the floor when your thighs perpendicular to your lower legs.

