ERGONOMICS PROGRAM: THE COMPUTER WORKSTATION

NO MATTER WHAT WORK YOU DO, ERGONOMICS PLAYS AN IMPORTANT ROLE IN PREVENTING OCCUPATIONAL INJURY AND ILLNESS

Components of an Ergonomic Workstation

- Monitor approximately arms length away
- Top of the monitor at or slightly below eye level
- Knees bent at a 90° angle
- Unobstructed space for the legs under the desk
- Feet flat or resting on a foot rest
- Thighs parallel to the ground
- Lower back supported
- Forearms and hands in a straight line

Ergonomics – “Fitting the job to the worker”

INCLUDES:
- Exercises and stretching
- Adjustable chairs, keyboard trays, monitor arms
- Proper posture
- Furniture layout
- Lighting
- Input devices (mouse)
- Footrest

Visit the Division of Occupational Health and Safety’s (DOHS) ergonomics website:
http://dohs.ors.od.nih.gov/ergonomics_home.htm
- Learn how to set up your workstation ergonomically
- Learn how to properly adjust your chair
- Learn proper stretching and office exercises
- Information on ergonomic equipment manufacturers

Are you experiencing numbness, tingling, stiffness, cramping or general discomfort in your...

If so, please contact Occupational Medical Service (OMS) located in Bldg 10 Room 6C306

If 301.496.3353

WRIST HANDS SHOULDERS
NECK LEGS LOWER BACK

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