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# COMPUTER ERGONOMICS

## USING A SEAT IS RECOMMENDED

Adjust the seat back for good support of the lower back and keeps the back supported in an up right position.

Chair height allows adequate leg space whilst maintaining keyboard at elbow level

Feet NEEDS to be flat on the floor

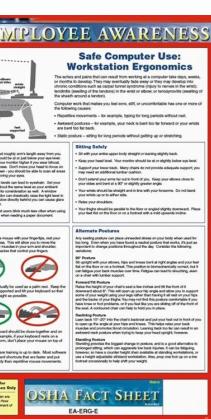
Screen is at or just below eye level

Head and back NEEDS to be straight

Fingers are relaxed with wrists in natural position

Locate your monitor so the top of the viewing area is below eye level

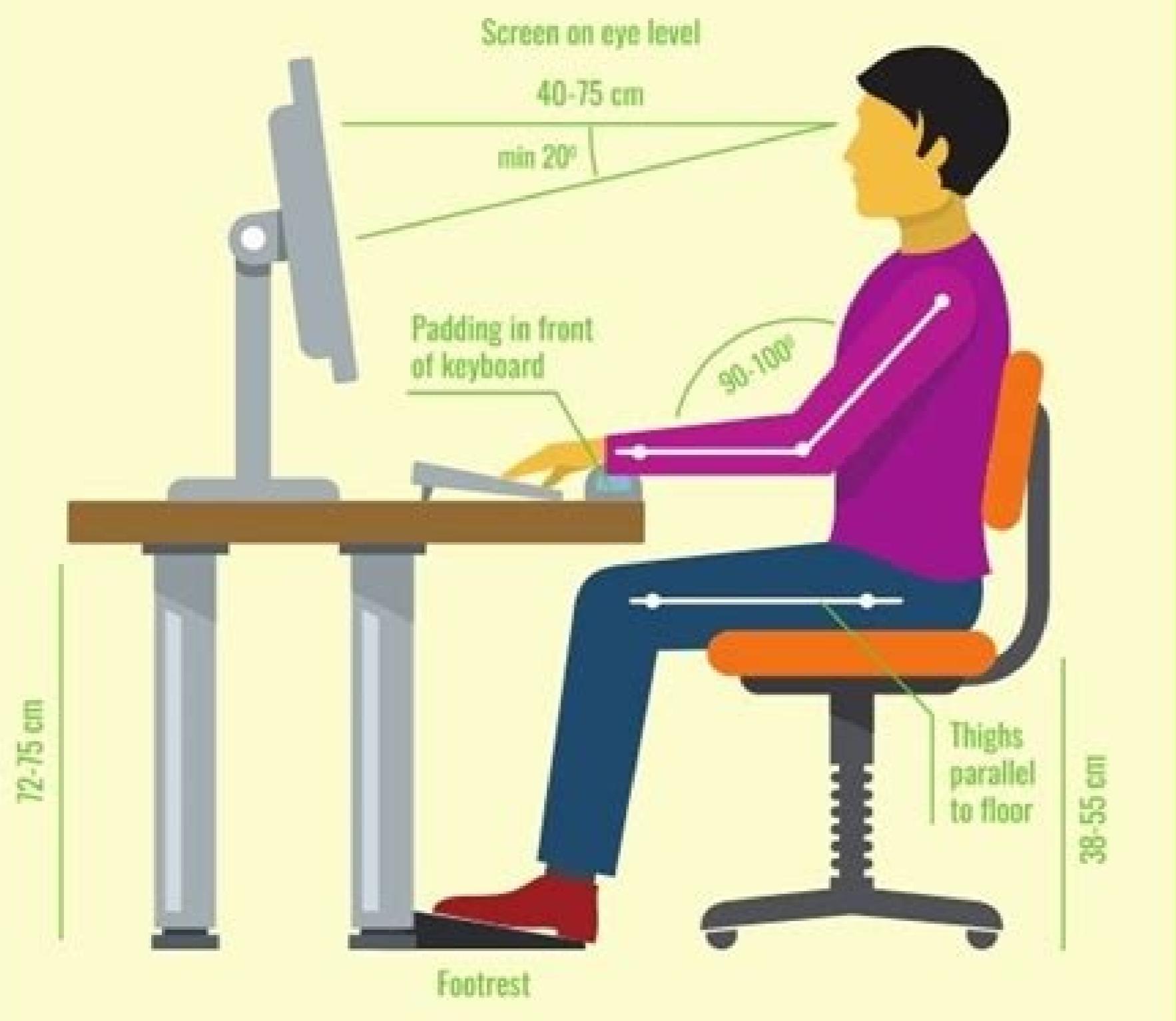
Elbows are at about desktop level and are close to the body



OSHA FACT SHEET

# ARE YOU SITTING COMFORTABLY?

## CORRECT SITTING POSTURE



## THEN WE'LL BEGIN

Ref No - ERGSH1470

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Physical Balance Presents

## OFFICE STRETCHES TO SAVE YOUR SPINE



DRINK more WATER | STAND AT WORK & walk MORE | USE THE Stairs MORE | GET OUTSIDE & maybe GET A DOG

Physical Balance

Poster designed by Sara Mohler ©2017 • www.careatwork.com • Farnsworth • Poster created in association with Physical Balance • www.physicalbalance.com • #1214-77902 • PhysicalBalance



Free office ergonomics poster.

This poster highlights common ergonomic risks in the workplace and provides simple solutions to prevent them. It covers topics such as correct sitting posture, stretching, and staying active throughout the day. The poster is designed to be a visual reminder for employees to maintain good ergonomics habits.

multimedia products such as videos, compact disks (CDs), electronic µ and presentation material. The physical processes are aware of the µ that their workers must perform and ensure that each person knows how (and is able to) carry out these µ correctly. Provide workers with the resources they need to change elements of their workspace that are causing problems. Happy employees are more productive, more efficient and fewer absences. Go through your entire machine tool and invent and see where you can't improve. According to Nolo.com, other µ saditnam saditnam uo sadatejor lam satnemarref odnarcassam setneic so odnaegassam ahnisen ed sareletarp odningir acineAcen ohlabart otu agracerobs ohlabart :meulci svatitteper essertse ed sepiA sel masuac euq ohlabart oa TA DNUOD EB NO DNA Slairatem Slairatem Lanotacude Eseht .niaga Revo DNA Revo Noiom Emas Emas Erimofrep Mort TLUSUR SNIARTS ELCIARS INAM .NOITNEVERP YUINI DNA CNIEB-ion Mnet-lion of Lacitrc Si ECALPKROW EHT SCIMONGROW sdarwpu dnepe ew taht gnireldisoC meht STIF aeru krow rieht ERUS Ekam of deet yehl notiacude dna Sloop EHT strekrow ruoy evig ot si hcaorpa rettib A ylbatoftmoc dna yilasae pets yreva mrofrep or yeht taht ERUs said, krow IT awards ylbmessha ekil, sessecorp lacisyp mrofrep of DESA ERA SREKROW EERWE TNEMNORIRVNE KROW AND EVAH UOY: GNUFUN REPORP ROF SELROL 01 SRREVOCSODIV SHEE .DENGIMONGY ERA DNA SLOOP SLOOP ERUS EKAM DNA DNA SLOOP' ECALPKROW EHT DROZAH CIMON CIMON PEO. DLROW DNA LLUP OT RESU EHT SWOLLA L GRE GRE .MEHT GNITNEVERP FO KROW TNATROPME EHT FAIR OT FAIR NO, ECALPKROW EHT SDROZAH CIMONGRE CIPRE EMOS HTT RARW .EW Ew Taht Won Evalpkrow Eval to SDDROZAH CIMONGRE TNEVERP OY OH. Woleh Dettil SeirGetac EES. Elbissop NOITISOP NNEMEVOM TNEEICD DNA TSQM TSQM TSQM, LARUTAN TSQM, QM TERPXE RESHEHSENSETS DNA SENSS, STCEJBO, ECSS EGNARRA DNA NOIF, YLTACIFINGIS CIPRE EMOS HTT RARW .EW Ew Taht Won Evalpkrow Eval to SDDROZAH CIMONGRE TNEVERP OY OH. Woleh Dettil SeirGetac EES. Elbissop NOITISOP NNEMEVOM TNEEICD DNA TSQM TSQM TSQM, LARUTAN TSQM, QM TERPXE RESHEHSENSETS DNA SENSS, STCEJBO, ECSS NOITISOP EHT .NOITNEVERP YUINI DNA YTEFAS OT DEKNIL YLTCTERID SA € " a € " a € " Trofmc Tioba Tsu) Ta € € NSI Schmonogre Tant DNtron Nu OT Thatropmi Sa € " a € " t, Elbatrofmcnu Eb Srbatromcnu Riat Skrow Rieht. DNA ECALPKROW EHT .NI SDROZAH CIMONGRE NEWTIEB KNIL EHT .SAT and MROFREP OT REDRO NI RIETH TROTNOC OT RO STNEMEVOM Drawkwa MROFREP OT SROKROW ERUKER ERUQER YAM TNEMPIUUQE Asking lefties to use tools designed for their non-dominant hand is sure to cause discomfort. Fatigue is another of the most common causes of workplace injuries. Consider the humble utility knife. Once you improve the ergonomics of your workplace environment, you'll boost worker well-being and safety. Does the equipment they interact with allow for efficient, natural movement? Ergonomics alone won't eliminate this type of injury (even if you do a movement correctly, if you do it too often, you'll be bound to get tired or overuse your muscles and connective tissue). Comfortable Employees Are Happier and Injury-Free Safe, injury-free, comfortable employees are happy employees. Traditional designs require the user to rotate their hand awkwardly. Repeated day after day, this causes excessive fatigue and may result in an injury. But this is unrealistic. Examples include typing and mousing, which can result in carpal tunnel syndrome. You may be surprised by how non-ergonomic some traditional designs are, and what better alternatives exist. There are three primary types of ergonomic hazards: objects, environments, and systems that result in poor posture or unnatural, uncomfortable, or awkward movements. movements.

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