

Let's get comfy! Preventing computer pains

Are you reading this on a computer screen? If so, hopefully you're seated at a workstation designed according to standards that allow you to work comfortably and safely. Otherwise, you might strain yourself. You might feel great one day but be in awful pain the next with a wrist or neck injury. The good news is that these pains and strains are preventable.



Photo above by Ake1150sb, below by Rocio, courtesy iStockphoto

Quick facts on ergonomics

1 When working at your computer, make sure your back and arms are supported and your head is not leaning forward. Your eyes should be level with the top of the monitor screen.



2 Breaks are also important. Try taking a break from your position every 30 minutes to eliminate discomfort.

3 Keep your laptop off your lap. Working like that can cause injuries to your neck, back and joints. Try using an external monitor or keyboard and mouse with your laptop on a table. These practices will avoid hunching, a stiff neck and joint stress.

4 Use a chair with adjustable arm rests so your arms can relax when typing. Be sure not to rest your arms on your table's front edge. That can pinch your wrist.

5 Working comfortably and safely does not have to be expensive. You can sit at a table, raise your screen to eye level with a box and use a pillow for extra support.



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