

Proper workstation set-up

One in three office workers suffer pain at least once a week. Improper ergonomics can result in repetitive motion injuries, stress and strain in your wrists, arms, neck, shoulders and back. The key to preventing work-related neck and back injuries is to evaluate your workstation and make sure it's ergonomically correct and promotes good posture. It's never too late to start practicing good posture and office ergonomics! Check out some tips below.

If you're on the phone often, use a headset to avoid cradling the phone on your shoulder.

Position the top of your monitor at eye level and about an arm's length.

Avoid glare by tilting the monitor or adjusting lighting.

Use an ergonomic keyboard and mouse.

Elbows should be close to your body, at a 90-degree angle with forearms parallel to the floor.

Adjust the height of the chair so knees and hips are at 90 degrees.

Choose a chair that supports your back in a relaxed, upright position with a slight arch.

Tip

Take short breaks to help relieve stress and readjust.

Keep feet flat on the floor and use a footrest if your feet don't reach.

Learn more

For more information on proper workstation set-up and office ergonomics, contact a MMA team member | MarshMMAMidwest.com

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