



## Workspace Ergonomics: Preventing Injuries



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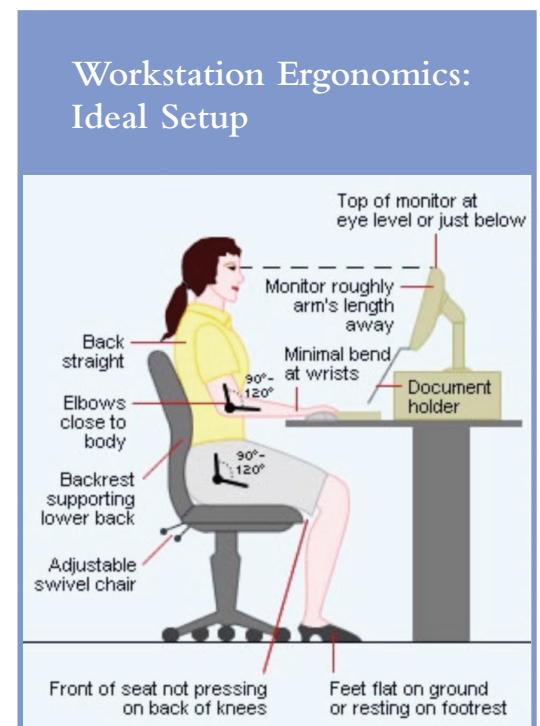
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In this day and age of computer use in both professional and personal settings, it is important for individuals to understand the impact of body mechanics. Proper practices and setup of the computer workstation can help with the prevention of repetitive motion injuries and musculoskeletal stress. Many ergonomic improvements can be made through simple changes such as seat and monitor height adjustment.

A comfortable working posture in which your joints are naturally aligned is called “neutral position.” Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD).

The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation:

- **Adjustable Chair Height**  
Your knees should be level or slightly lower than your hips
- **Adjustable Monitor Height**  
The monitor should be at eye-level or slightly lowered
- **Adjustable Desk or Keyboard Tray**  
Neutral wrist position should be maintained when fingers are on the keyboard or on the mouse
- **Adjustable Arm Rests**  
Your forearms should be parallel to the floor
- **Maintain Proper Posture**  
Sit upright, with proper lumbar support



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