

# COMPUTER WORK-STATION Set-up...



*New ergonomics tactics*



*Bifocal eyeglasses cause neck posture strain-headache*

Place MONITOR squarely in front, NOT off to one side... top edge of screen at eye-level.

**NOTE...** Wearing BIFOCALS-progressive eyeglasses for computer work risks serious neck-headache problems because you lean forward and tip head back to see screen. Use single-vision reading glasses here !

Push KEYBOARD in 4-6 inches from edge of desk, then place gel pad here for arm support. Rest arms to type.

**NOTE...** Best: place computer in CORNER of two desks to allow full surface support for forearms. See pic below

KEYBOARD TRAY is often too low... but SWITCHING every hour between keyboard in tray versus placed on desk does provide work posture VARIETY, which can be good for posture work relief.

MOUSE should also be pushed in to allow forearm support, with gel pad placed in front for hand-wrist rest. Also, switch between using MOUSE versus TRACKBALL every 1-2 hours for wrist posture VARIETY.

Use a DOCUMENT HOLDER to hold papers upright, and move this setup often for posture work variety.

TELEPHONE... do NOT EVER hold telephone handset between head and shoulder. Use HEAD SET !!

PEN-PENCIL... place padded SLEEVE over pinch surface to reduce pinch risks.

CHAIR... Most important to be height-adjustable. KEY is to CHANGE height often, 2 inches up or down every hour for posture VARIETY. This more important than finding the perfect set-up. And do standing back-bend stretch hourly.

STANDUP OPTION... Many offices employ STANDING DESKS with tall chairs to allow switch between sitting work and standing work. This has been very well received by workers, for improved work comfort.

Less costly option is the VARI-DESK platform placed on conventional desk, which allows worker to raise computer to standing height, for work posture VARIETY... cheaper-easier option than building a standing desk-chair.

Do our MICRO-STRETCHES hourly to keep circulation to working tissues !!



*Vari-Desk allows switching between sit vs. stand*



*Corner desk setup allows best arm support*