

Office Ergonomics Safety Tips

· Avoid Computer-Related Repetitive Stress Injuries

- Sit so your wrists are even with your computer keyboard.
- Sit with your feet resting easily on the floor.
- Keep your wrists straight when typing and using the mouse.
- Place your monitor so that the center of the screen is eye level.
- Position seat back for maximum lumbar support.
- If needed, place a lumbar support pillow behind your lower back.
- Adjust monitor brightness so you can easily see the screen.

