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.