



## Work a Pain in the Neck? Check Your Desk.

Ergonomics is the science of fitting the job to the worker. By providing a better fitting work environment, employees can expect higher productivity, less illness and injury risk, and increased job satisfaction.



### Tips to make your workstation more ergonomic-friendly.

1. Chair height should be set so elbows are at about desktop level.
2. Mouse / keyboard should be placed so that both elbows are by your sides.
3. Adjust the chair so that your lower back is supported. Use a lumbar pillow if necessary.
4. Use a footrest if your feet can't reach the floor or you feel pressure on the back of your legs.
5. The top of the monitor should be at or below eye level.
6. Adjust screen brightness and contrast for comfortable viewing.

Environmental Health & Safety has implemented an ergonomics program to focus on the prevention and management of musculoskeletal disorders associated with repetitive job duties. Contact EHS for any concerns or questions regarding ergonomics.

