

# Wellness Tip

**“Ergonomics** examines what kind of work you do, what tools you use and your whole job environment. The aim is to find the best fit between you and your job conditions. Examples of ergonomic changes to your work might include:

- Adjusting the position of your computer keyboard to prevent carpal tunnel syndrome
- Being sure that the height of your desk chair allows your feet to rest flat on floor
  - Learning the right way to lift heavy objects to prevent back injuries”

<https://medlineplus.gov/ergonomics.html>

## 10 Steps to a Healthier Workstation

1. The weight of your arms should be supported at your workstation.
2. Your head should be directly above your neck so it is supported, no craning!
3. Don't slouch!
4. The computer monitor should be directly in front of you, with the top no higher than eye level.
5. Don't jam the phone between your neck and ear!
6. The keyboard and mouse should be close enough so you are not straining to reach.
7. The computer monitor should be an arms length away.
8. Your feet should be flat on the ground, not dangling.
9. Give your eyes a rest and look at something off your screen and further in the distance.
10. When you are lifting heavy objects, lift with your knees not your back.

<http://ergo-plus.com/office-ergonomics-10-tips-to-help-you-avoid-fatigue/>  
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>

