

A background image of the Denver skyline with various skyscrapers under a clear sky.

DCC

Ergonomics

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Injuries & prevention Exercise Safety Stay fit while you sit Stretching

Preventing Injuries at Computer Workstations

Repetition, awkward posture, high force levels and eye strain can lead to discomfort and injury when using a computer. Here are some ways to reduce your risk exposure:

Repetition:

- Alternate tasks
- Share tasks with coworkers
- Take frequent breaks from keying/or mousing
- Reduce or eliminate unnecessary work

Awkward Posture

- Sit supported against the back of your chair
- Avoid bending or twisting your neck or trunk
- Keep shoulders relaxed and arms close by sides when working
- Keep wrists in a straight or neutral position when keying or mousing
- Keep fingers in a relaxed position when keying or using the mouse
- Keep work materials within close reach
- Use a telephone headset for frequent/prolonged phone use
- Change positions/tasks frequently

Force/Pressure

- Key with a light touch
- Avoid prolonged or excessive grasping of the mouse
- Use larger diameter pens to reduce grip when writing
- Use electric stapler for large stapling jobs
- Select a chair with adequate padding
- Avoid resting elbows and wrists on sharp or hard edges and surfaces

Eye Strain

- Reduce glare on your computer screen by adjusting its placement and tilt, using a glare guard or using window blinds and light filters
- Rest eyes intermittently by focusing on distant objects
- Take visual breaks
- Blink often when viewing the monitor
- Wear appropriate corrective lens for computer work
- Adjust the font, flicker and contrast of your monitor screen