

COMPUTING A BETTER WAY

Computers – so many of us spend hours a day in front of them!

We can maximize productivity at work and home and reduce the risk of injury by paying proper attention to ergonomics and exercise. A poor position or posture while working can lead to musculoskeletal disorders.

Here are some things you can do while working on a computer:

- Sit straight or slightly reclined with your lower back fully against and supported by the back of the chair.
- Adjust the chair back to a 100 to 110 degree angle.
- Make sure your shoulders are relaxed. Have your feet flat on the floor, or on a footrest.
- Place source documents between the keyboard and the monitor, if possible on a document holder.
- Use a mouse that fits easily under your relaxed hand. Position your keyboard and monitor directly in front of you.
- The top of the screen should be level with your eyes. Avoid glare by carefully positioning the monitor screen.
- Sit an arm's length or more away from the monitor.
- Take a moment to stretch every 20-30 minutes. Change tasks or take a break each hour. Avoid eye fatigue by resting and refocusing your eyes periodically.

By using their specialized knowledge of body mechanics, chiropractors can provide advice on ergonomics and help prevent pain and illness.