

Ergonomic Computer Workstation Set Up

Sedentary jobs that require many hours spent at a computer and on the phone can put a heavy toll on the neck and upper back

Proper ergonomic set up can make a difference between pain-full and pain-free neck and back. Further more, improper posture can wipe the benefits of even the best rehabilitation or posture strengthening program

Here are some recommendations

Key board and mouse:

For most these need to be below the desk on a retractable tray. This position will allow for the wrists to be below the elbows during typing and the shoulders in a relaxed down and back position

The Monitor:

With shoulders back and down, bring the outstretched hand in front of your nose and point down to the floor about 10 feet from you. Once the fingers line up with this point on the floor they should be pointing at the center of the screen.

The finger tips will hit the center if the screen is positioned approximately 15 to 28 degrees down from vertical gaze.

(See picture below) This allows for the most relaxed head and neck posture. Please note that the chair in the picture has arm rests. We recommend that a chair does not have arm rests since they increase persons propensity to rely on them for support and subsequently slouch.

Chair:

The feet must be firmly planted on the ground with entire foot in contact with the floor. The feet should be pressing into the floor and shifting the chair to assist in any reaching that is done in a seated position. There should be no foot stool. Keeping feet locked in one position on the stool will not allow you to move the chair with your legs.

The knees and hips should be bent in the range of 70 to 110 degrees. The exact angle is not as important as ability to have a firm contact between the floor and the feet. This will allow you to keep the lower body active and assisting the smaller upper body muscles.

The seat should be shallow enough to allow the back full contact with the back rest. If too deep, back support should be placed between the back and the rest.

The chair should have wheels to allow free movement and should not have have arm rests in order to allow the shoulders to be down.

For more information please check out the following links:

<http://ergo.human.cornell.edu/ergoguide.html>; <http://www.ergoindemand.com/ergonomic-resources.htm>;

<http://www.office-ergo.com/setting.htm>; <http://office-ergo.com/conventi.htm>

Ideal Typing Position

