

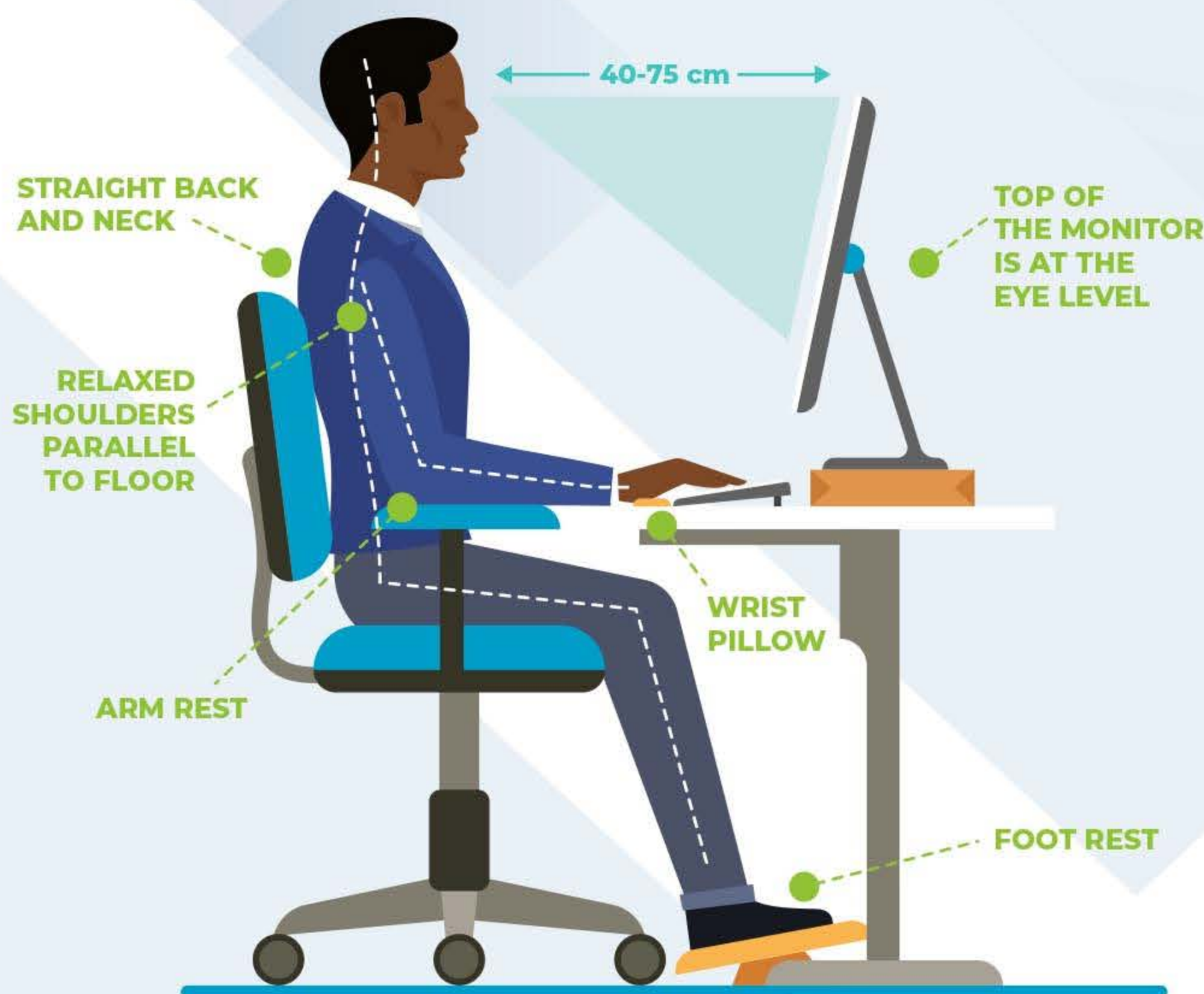


Office of the Chief Secretary
Occupational Safety and Health Department

COMPUTER ERGONOMICS



INCORRECT POSTURE



CORRECT POSTURE

WHAT IS ERGONOMICS?

Ergonomics is a field of study that attempts to reduce strain, fatigue, and injuries by improving product design and workspace arrangement.

Computer ergonomics on the other hand, is the practice of fitting the set-up of the computer and the workspace to fit the user and the user's work needs in order to minimize physical stress on the computer user.

What are the symptoms associated with poor computer ergonomics?

Some symptoms that users may experience as a result of poor computer ergonomics are:

1. Computer vision syndrome these refers to a group of eye and vision-related problems that result from prolonged computer use such as dry eyes, blurred vision, eye strain and headaches.
2. Cumulative trauma disorders. These are the type of disorders that develop from:
 - a. Awkward posture and position such as bent wrists, elbows held away from the body, outstretched arms or slumped shoulders.
 - b. Repetitive action from typing, keying and sorting operations.
 - c. Use of excessive force when typing.

What are some health and safety tips to prevent computer ergonomic hazards?

1. Invest in a good chair that can be adjusted several ways. The seat height should be set so that thighs are nearly parallel with the floor and feet rest flat on the floor. The chair back should adjust and provide lumbar support.
2. Make sure a monitor's casing is 2-3 inches above eye level, centered and approximately 18-30 inches from the face.
3. Take steps to reduce glare on the screen.
4. Use a document holder next to the computer screen. Place it at the same height and distance from your face as the screen.
5. Keep wrists flat and straight in relation to the forearms and centered to the body when using a keyboard and mouse.
6. Relax the arms and elbows, keeping them close to the body.
7. Place adjustable keyboards so they form an approximate 90-degree angle at the elbow.
8. Take frequent and short breaks to stretch the hands and fingers and to rest the eyes. Try to focus on an object several feet away. Move eyes in all directions.
9. Position work equipment so the most-frequently used items are within comfortable reach.



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