

Safety Watch 2009!!!

THE ZEN OF SITTING

Ergonomics literally means the laws of work. A more practical definition is that ergonomics is the study of how a workplace and the equipment used there can best be designed for comfort, efficiency, safety, and productivity.

The *sitting* posture may be one of the most stressful of all positions for your back. It is helpful to switch positions and avoid maintaining any one for extended periods. Most chairs allow for sitting erect as well as the forward tilt and back leaning. Your back should be in constant contact with the backrest to maintain lower back support.

Generally we type while sitting erect. Keep your elbows down at your side and your forearms at 90 degrees or slightly below when typing on the keyboard. Avoid sideways bending of the wrists.

Here are a few other pointers:

- Place the monitor directly in front of you
- Keep the mouse on the same level as the keyboard and close together
- Sit deep in the seat of your chair
- Use a footrest to elevate your feet
- Engage in some stretching activities

Remember to keep important items you use daily close at hand to avoid overreaching. Your shoulders will thank you.

If you would like to know whether you are sitting comfortably and safely, please call EH&IS for an evaluation.

Bad



Good



For an ergonomic evaluation call Co at x4347



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