# Ergonomics – Using Microbreaks Picture This



This image clearly demonstrates the dangers of poor ergonomics and improper workstation setup. The worker is hunched forward toward a low-set monitor, straining his neck and upper back while reaching awkwardly for the keyboard. His chair provides no lumbar support, forcing his spine into a rounded, stressful posture. His wrist is bent sharply as he uses the mouse, creating a clear risk of carpal tunnel strain. The environment appears routine and quiet, yet the

worker’s posture reveals significant discomfort—an early warning sign of developing musculoskeletal injury.

Musculoskeletal disorders (MSDs) are one of the most common and costly workplace injuries, often developing gradually but leading to long-term pain, nerve damage, and reduced mobility. Failing to maintain neutral posture, proper monitor height, supported seating, and relaxed wrist alignment greatly increases the risk of chronic neck, shoulder, and back conditions. Always ensure workstations are adjusted to the individual worker, encourage regular posture breaks, and address early symptoms immediately to prevent long-term ergonomic harm.