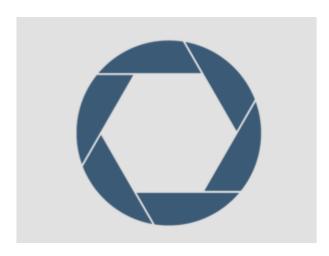
Is This Safe Posture for Keyboard Use?





What's wrong with this picture?

The worker in this picture is doing 3 things that increase his risk of a repetitive stress injury (RSI):

- 1. He's hunched over in a posture that places stress on his back, neck and shoulders
- 2. Because his wrists are anchored to the desk surface, he has to stretch his fingers and twists his wrists to reach the keys
- 3. Leaning his forearms against the desk creates contact stress

The Moral: The right posture is essential to avoiding carpal tunnel syndrome, tendonitis and other RSIs associated with keyboard work

3 Reasons to Pay Attention

- 1. More than 1 in 4 workers' compensation claims filed are for RSIs
- 2. Office workers who work in computer work stations suffer RSIs at a disproportionately high rate
- 3. Roughly 75% of office workers suffer pain in their neck, shoulders, wrists and back during the week, according to a recent survey of over 1,000 office workers

Safe Posture for Sitting at Computer Workstations



Don't be like the worker in the picture. If you sit at a workstation all day, make sure you maintain an ergonomically neutral posture:

A Neutral Posture Means...

- Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor;
- Head is level (or bent slightly forward), forward facing, balanced, and inline with your torso;
- Shoulders are relaxed;
- Upper arms hang normally at the side of your body;
- Elbows stay close to the body and are bent between 90° and 120°;
- Feet are fully supported by the floor or a footrest if the desk height is not adjustable;
- **Back** is fully supported with appropriate lumbar support when you are sitting vertically or leaning back slightly;
- **Thighs** and **hips** are supported by a well-padded seat that is parallel to the floor;
- Knees are about the same height as your hips; and
- Feet are slightly forward.

Other Workstation Ergonomic Risk Factors

- Being too close to or far from your computer monitor—20 to 40 inches is optimal distance
- A computer monitor that's tilted too far left or right—monitors should be tilted no more than 35° degrees to either side
- A monitor or keyboard that's too high or too low to use in a neutral posture
- The amount of work surface on and clearance room beneath your work desk
- A desk or chair that's either too high or too low
- Glare on your monitor

• Too much or too little light in your workstation