Office Ergonomics: Lighting Video



Once you've set up your monitor(s), it's time to go to work—right? Not just yet.

Before you settle in, you want to check the lighting in your work area. Is it sufficient? Do you need more? Less?

Improper lighting in the office can impact the way you sit at your workstation. People often sit in an awkward position or twist their neck in order to see the computer screen when lighting isn't right. This can cause discomfort and may lead to musculoskeletal disorders.

In this video, we offer solutions to help you address lighting in your workplace.

Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

(Source: https://www.safeatworkca.com/videos/office-ergonomics-lighting-video/)