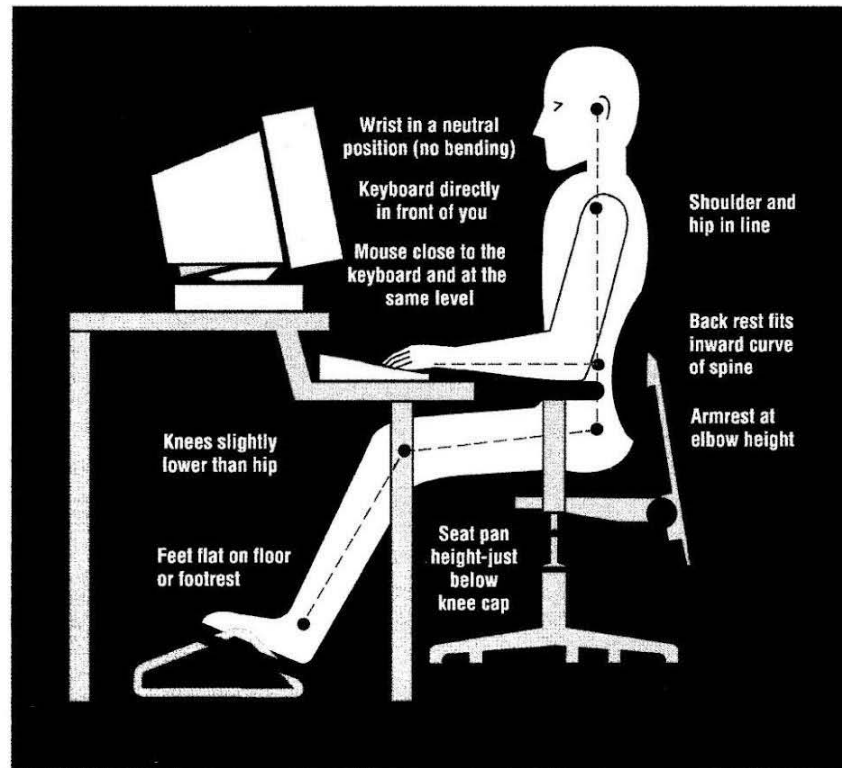


# COMPUTER WORK STATION ERGONOMICS

Adapted from Live Safe! Work Smart! Document  
<http://www.livesafeworksmart.net/english/index.htm>

# ERGONOMICS

## COMPUTER WORKSTATION



# ERGONOMICS



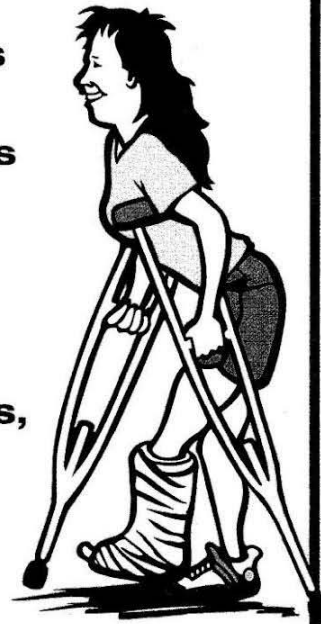
# ERGONOMICS

## CONSEQUENCE OF POOR ERGONOMICS: HEALTH PROBLEMS

**Stage 1:** Aching, tiredness

**Stage 2:** Aching, tiredness  
continue, more difficulty  
moving hands, back  
or shoulders, etc

**Stage 3:** Aching, tiredness,  
injury becomes disabling



# **ERGONOMICS**

## **Stress Factors Complicate Ergonomic Problems**

- **Pressures of exams**
- **Pressures from parents**
- **Lack of security**
- **Peer pressure**
- **Violence**
- **Lack of exercise**
- **Lack of sleep**
- **Changing world**

# **ERGONOMICS**

## **TO PREVENT REPETITIVE MOTION INJURIES (RMIS)**

**Try to:**

- **Use a workstation that is the right size for you**
- **Stretch or get up from your desk often**
- **Use a variety of movements**
- **Use only the force required**
- **Set a reasonable pace of work**
- **Have time to recuperate between tasks**



# **ERGONOMICS**

## **PREVENTION EXERCISES**

- **Blink eyes to prevent dryness**
- **Stretch neck**
  - **Front to back**
  - **Left to right**
- **Stretch and flex**
  - **Wrists**
  - **Fingers**
  - **Whole body**