

Ergonomics: The following are some pointers on how to improve on your desk environment. Do note that there is no such thing as a perfect sitting posture. Sitting even if done in perfect posture for long periods is still detrimental to the spine and overall health.

Computer Set-Up

- ❖ Keyboard; to be positioned so that elbows are directly below shoulders
- ❖ Elbows should be approximately 90 degree angles
- ❖ Letters G & H should line up with the centre of your body
- ❖ Mouse as close to the side of the keyboard as possible. Elbows should be relatively close to body when using mouse.
- ❖ Wrists should be relatively straight/ at neutral position
- ❖ Top of screen at eye level

Posture

- ❖ Regularly shift postures
- ❖ Use a supportive chair with a back rest that supports the spine
- ❖ Feet firmly supported – Leg rest or on ground
- ❖ Shoulders relaxed, as little tension as possible
- ❖ Seat height so that thighs are parallel to floor, hips can be slightly lower than knees

Desk Environment

- ❖ Work materials within easy reach without twisting/ stretching
- ❖ Nothing preventing the chair from getting close to desk

Reminders

- ❖ Avoid Long Periods of Sitting (30 Mins to 1 Hour tops)
- ❖ Have regular Breaks from repetitive Activities
- ❖ Take a walk or short stretch every commercial break
- ❖ Do your thinking by gently pacing around the room
- ❖ Perform regular maintenance work on your body

Additional

For a specific workstation assessments and tailor made program contact (08) 9321 1964 or info@perthwellness.com

For Additional Health Tips and ergonomic Advice visit the Perth Wellness Centre Health and Wellness Blog. www.perthwellness.com.au

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