Computer Ergonomics – Are You at Risk for Pain?

Ergonomics - a process of fitting the work environment to the worker – not the other way around!

Risk Assessment

Factor	Lower Risk	Higher Risk
Existing discomfort or stiffness?	No	Yes
Time/Day at computer	< 2 hours	< 6 hours
Frequency of mini-breaks during the day	> 1 per hour	< 1 per 2 hours
Is phone cradled between ear and shoulder	No	Yes
Type from documents lying flat on desk	No	Yes
Is head positioned over spine?	Yes	No
Do elbows form 90-degree angle	Yes	No
Are wrists in neutral position on keyboard	Yes	No
Is keystroke pressure gentle?	Yes	No
Do knees from 90-degree angle?	Yes	No
Do back of Knees touch seat pan?	No	Yes
Position of spine	Vertical	Leaning
Is head tilted when viewing monitor?	No	Yes, upward
Bifocal or trifocal use that results in head tilt?	No	Yes
Is monitor directly to front?	Yes	No
Do feet rest on comfortable surface?	Yes	No

Sitting with Poor Posture	Sitting with Proper Posture
Sitting partly on end of spine, slumping forward.	Sitting firmly on pelvic bones. Aligning and lifting head, neck and back.
Disadvantages: • Weakens back muscles. • Compresses spine and reverses natural alignment of the lumbar curve. • Can lead to back pain and fatigue. • Can lead to chronic back problems.	**Advantages:** • Strengthens back muscles. • Helps maintain the natural lumbar curve • Helps prevent and relieve back pain. • Aids in the development and support of long-term back health.

So What Can You Do to Reduce the Risk of an Injury?
- Keep moving
- Vary your work
- Maintain good posture
- Take frequent mini-breaks to stretch
- Eat well, exercise often
- Report ergonomic problems to your supervisor