

Key Areas for Ergonomics

Head & Neck: Position your monitor properly to avoid eye & neck strain.

Hands & Wrists: Setup your workstation to allow for natural wrist and hand positioning to reduce repetitive strain injuries.

Posture & Back Support: Find a chair & desk that are ideal for your height.

Routine & Behavior: Take frequent breaks & MOVE your body! Make sure your work area is setup away from distractions so you can focus. Organize your work area into zones

Ergonomic Positioning

CORRECT SITTING POSTURE



Primary Working Zone:

The primary working zone is the area on your desk that you can comfortably reach when sitting fully back in your chair with your elbows relaxed by your sides.

Secondary Working Zone:

The secondary working zone is the area on your desk that you can reach with your back still in contact with the back rest and your arms extended.