

# **Workplace Ergonomics**

# **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**

Upper back straight with shoulders

relaxed at sides.

Backreast of the chair suppports

curve in the lower

Hips as far back on

Adjustable seat for optimal height.

the chair as

possible.

back.

#### **CORRECT SITTING POSTURE**



Top of monitor at eye level or slightly below.

Arms relaxed at sides with upper arm and lower arm forming a 90° angle. Wrists straight with fingers relaxed.

Lower legs at a 90° > 110° angle to thighs with adequate legroom above.

Feet flat on the ground or resting on a footrest



### **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.

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