

# Proper Computer Ergonomics

Neck pain, back pain, carpal tunnel syndrome, and many other conditions can result from improper computer workstation habits. Sitting for too long at the computer without moving around or changing position can result in repetitive motion disorders and muscle strain.

**Follow these simple steps to ensure your computer workstation is proper for you!**

1. Place monitor 16-30" from your forehead. The top of the screen should be eye level.
2. Keep your head upright with the chin level and shoulders relaxed. Sit as "tall" as possible.
3. Adjust arm rests so that arms are resting at sides with elbows bent at 90°.



4. Keep wrists straight, not bent up, down or deviated to the side.
5. Adjust seat height so that knees are slightly below hips and feet are resting comfortably on the floor.
6. Adjust chair so the thickest part of the cushion rests in the small of your back.

## Tips:

- Take a break from the computer once an hour and get up and walk around.
- Do stretches such as head turns, shoulder rolls and marching in place while seated.
- Pay attention to warning signs such as headaches, fatigue, muscle pain, or cramping and make adjustments to your workstation early.
- See your chiropractor regularly to prevent and treat symptoms of neck and back aches, carpal tunnel syndrome, muscles aches, and stiffness.