

ERGONOMICS

Designing a Comfortable Workstation

To prevent eyestrain, eliminate glare by positioning the monitor at a 90 degree angle to the windows. Minimize glare from the overhead lighting by tilting the screen.

The top of the monitor screen should be at seated eyeheight directly in front of the worker. If the worker performs frequent typing, a document holder should be provided to minimize neck strain.

Keep hands and wrists in line with your forearm; not bent up, down or to one side. Avoid resting forearms or wrists on sharp edges which put pressure on the underlying nerves, blood vessels, and muscles.

The front of the seatpan should have a waterfall design which rounds over to eliminate pressure on the back of the knees. Pressure here will impair blood flow causing swelling, discomfort, and possibly varicose veins.

Your feet should be firmly planted on the ground or footrest. Otherwise, the weight of the lower leg puts pressure on the back of the knees and increases stress on the lower back. Unsupported feet may cause a person to sit forward in the chair to reach the ground, which makes the backrest ineffective.

Lower back support is critical to reducing stress on the spinal disks and back muscles. You should be able to comfortably sit in a chair and have good lumbar support while working. If the chair does not allow the worker to slide close enough to the work surface, the person has to sit forward in the chair and the back support does not provide any benefit.

Frequently change positions and adjust your chair to reduce static fatigue of the muscles of your back, neck, shoulders and legs.