



ERGO INSIGHTS



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**Welcome to the Ergo Insights: Your Source for
Ergonomic Wellness!**

Optimizing Your Workspace: Tips for Better Ergonomics

As we continue to navigate hybrid work environments and long hours spent at desks, it's more important than ever to prioritize ergonomics. Proper ergonomics not only enhances comfort but also helps prevent long-term injuries like back pain, carpal tunnel syndrome, and eye strain. In this edition of our newsletter, we share practical tips to ensure your workspace supports your health and productivity.

The Power of a Proper Desk Setup

Your desk should be a place where your body can stay relaxed, not strained. Begin with your chair—make sure it provides good lumbar support and allows your feet to rest flat on the floor. Your knees should be at a 90-degree angle, and your arms should be level with the work surface, with your elbows at a 90-degree angle. An adjustable chair is ideal for making these adjustments to fit your body.



Keyboard and Mouse: Small Adjustments, Big Impact

Proper positioning of your keyboard and mouse can make a significant difference in how comfortable you feel throughout the day. Keep your keyboard at a height where your arms are relaxed at your sides, and your wrists are in a neutral position, not bent up or down. Consider using a wrist rest or a split keyboard if you experience discomfort. Your mouse should be close to your keyboard to minimize stretching, and make sure to use a mouse that fits your hand comfortably.

Screen Placement and Eye Care

One of the most common sources of discomfort is poor screen positioning. Your monitor should be at eye level to prevent neck strain, with the top of the screen about 2-3 inches above your line of sight. The distance between your eyes and the screen should be about an arm's length, and the screen should be angled slightly downward to reduce glare and minimize eye fatigue. Remember to follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds to give your eyes a break.

By making small adjustments to your workspace, you can create a more comfortable and ergonomic environment that supports both your physical well-being and your productivity. Prioritizing ergonomics is an investment in your long-term health, and with just a few mindful changes, you can work more efficiently and comfortably every day.

Free webinars this month! Visit www.coeh.berkeley.edu/webinars to register

12/04/2024: Climate Change and Environmental Degradation Impacts on Worker Well Being

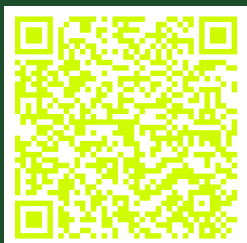
12/10/2024: General Population Performance in Passing a Fit Test for N95 Respirators

12/12/2024: Designing for Safety: Protecting Worker Health from the Hazards of Engineered Stone

12/18/2024: The Utility of Artificial Intelligence for Risk Reduction of Musculoskeletal Disorders



Schedule Ergonomic Evaluation



Ergonomic Resources and Information



Training information

