Work Ergonomics
How to Monitor Your Workstation Health

Are you finding working or playing on your computer to be a pain in the neck—literally? Neck pain, back pain, carpal tunnel syndrome, and many other conditions can result from poor computer workstation habits.

Faulty computer habits can have painful consequences. Sitting too long at the computer without moving around or changing position can result in repetitive motion disorders and muscle strain. **Physical therapists recommend that you keep your feet flat on the floor, sit up straight, keep your eyes level with the screen, and take mandatory breaks at least every 20 minutes to avoid muscle fatigue.**

Physical therapists can help detect early symptoms and develop an intervention program that includes stretching, exercise, and adjustments to the overall work environment.

Top 10 Ways to Monitor Your Workstation Health

1. **FEET ON THE GROUND**
    Make sure that your feet are touching the floor or a footrest when seated.

2. **SIT UP STRAIGHT**
    Make sure that you sit tall with your weight on the buttocks and feet.

3. **EYES LEVEL WITH THE SCREEN**
    A good rule is to make sure the top of your head is parallel with the top of the computer screen.

4. **FOREARMS PARALLEL**
    Make sure that your forearms are parallel to the floor and your elbows are at a 90-degree angle.

5. **SHOULDER BLADES SETTLED**
    Shoulder blades should be settled on the back of the ribs, not in an arched or hunched position.

6. **CORRECT MOUSE POSITIONING**
    Place your mouse near the keyboard so you do not have to reach for it.

7. **REST YOUR EYES**
    Look away from the computer screen as often as possible and focus on distant objects.

8. **TAKE A BREAK**
    Take a break from the computer at least every 20 minutes.

9. **STRETCH AND MOVE**
    Do stretches such as head turns, shoulder rolls, and marching in place while seated.

10. **WATCH FOR PROBLEMS**
    Pay attention to warning signs such as headaches, fatigue, muscle pain, or cramping and make adjustments early to prevent injuries.