

# Ergonomics

Do you feel pain when you sit at your desk?

Body part fatigued	Common contributing factors	What can you try
Back of neck	Looking down at documents or keyboard	Use a document holder. Improve your keyboard skills. Check monitor height.
Side of neck	Looking to one side	Locate documents and screen directly in front of you
Top of shoulders, outside or front of shoulders	Keyboard too high, arms unsupported	Raise chair, use footrest, rest palms on front of desk, reduce desk height (if adjustable)
Lower back	Inadequate lumbar support	Adjust back rest height and angle to give firm support, remove arms from chair, remove obstructions under desk (eg drawers)
Upper back	Twisted posture	Sit straight on, locate documents, screen and keyboard in front of you
Right arm or shoulder	Arm outstretched unsupported	Move mouse closer, use single surface desk
Left arm, shoulder or neck	Reaching for telephone or cradling telephone on shoulder	Bring phone closer. Use headset.
Leg discomfort, swollen feet	Underside of thighs compressed against chair seat	Use footrest or reduce desk and chair height
Headaches	Posture, visual problems, noise, stress, glare, high work load	Rearrange work area; re-direct traffic; screen filter; close blinds; shut door; vary tasks; take micropauses; smooth out work flow; reduce time on computer; eye test.
Eye fatigue, temporary short sightedness	Visual problems, screen too close, poor image quality, glare, screen reflections	Rearrange work area; screen filter; close blinds; vary tasks; take micropauses; eye test.



Data Source:

1. Ergonomics in Australia