

# GOOD COMPUTER ERGONOMICS

As we adjust to working from home, we need to remember that our work station design is an important feature to keep us feeling healthy. Here are some tips to aid you in your set up at home:

- Have your forearms level with the keyboard and at 90 degrees to the upper arm
- Have your back resting against the back rest of the chair and using the lumbar support or a pillow to provide support
- Place your feet on the floor. If you are unable to place your feet on the floor while sitting properly, you can use books or another item as a footrest (ie. telephone books, a box, etc)
- Where possible, have your computer screen about 70 cm from your eyes and remember to rest your eyes frequently, by looking away from the screen every 10-15 minutes
- Reduce glare on the screen, place the monitor perpendicular to windows
- Adjust the contrast and brightness of the screen to optimize the view
- Have the computer monitor so the middle of the screen is at eye level and straight in front of you
- Ensure you have adequate lighting for reading
- Ensure that the room is the proper temperature, neither too cold nor hot, try 20 degrees
- Place frequently used material in an area close to you
- Move away and leave the computer for a break at least every 50 minutes
- Stretch after using your computer to maintain your range of motion
- Watch for aches and pains, this means that you are not sitting properly or have the computer set up wrong and should try adjusting your work station



Information Sources:  
Office Safety from Safety Hub and  
Human Works Ergonomics & Human Factor Consultants

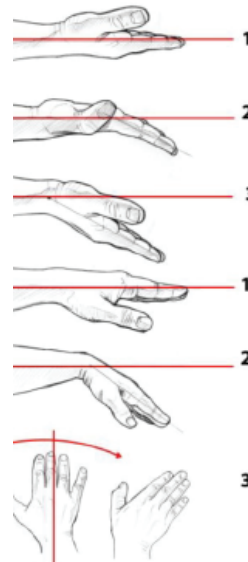
## STRETCHING EXERCISES

1.



Exercises A, B and C should be performed before D. The alternate arm can be used to stretch the arm to the chest in exercise B (B1).

2.



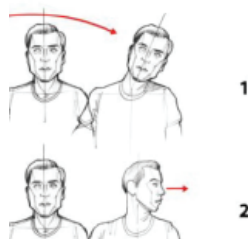
Exercises D, 1, 2 and 3 are a progression. The exercises should not hurt but a stretch should be felt.

The opposite hand can be used to stretch the wrist and fingers of the hand being stretched.

Exercises E, 1, 2 and 3 are also a progression. The exercises should not hurt but a stretch should be felt.

Exercise E3 is to help stretch the muscles that move the wrist side to side.

3.



Exercises F are neck stretches.

1. Tilt the Neck from side to side.

2. Rotate the Neck Left and Right.

If you are having issues with your set up at home, feel you may require some assistance in how to use these tips, or work station materials from the office, please contact Cheryl-Lyn Lamers at [clamers@confederationcollege.ca](mailto:clamers@confederationcollege.ca)