

# 5 ways to de-slouch your workspace



One in three workplace injuries are due to musculoskeletal disorders, often caused by poor workstation habits. Improve your desk posture and avoid pesky body pains with these five proven tricks.

1

## TYPE WITH PURPOSE

Position your keyboard directly in front of you, and keep your elbows by your sides. Your wrists should be straight, not bent, while typing.

2

## KEEP YOUR MOUSE IN REACH

Your mouse should be at the same height as the keyboard. Keep your elbow at your side, and move your entire forearm to avoid small wrist movements.

3

## DON'T FORGET YOUR PHONE

Your phone should be on your nondominant side, and if you have a headset, use it when typing or using your mouse. If you use a handheld, keep your neck straight and your shoulders relaxed.

4

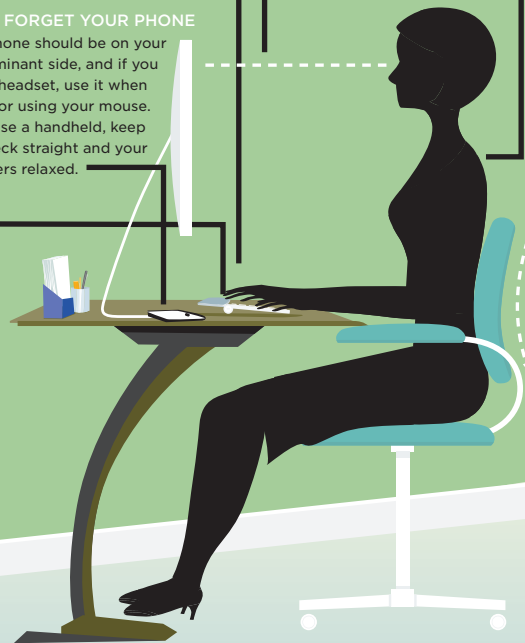
## ADJUST YOUR CHAIR

Your hips should be slightly above your knees and your feet should be flat on the floor. Sit all the way back, and remember to relax your shoulders.

5

## MAXIMIZE YOUR MONITOR

The top of your monitor screen should be near eye level, and no closer than an arm's length. Position it to avoid glare from overhead lights and windows.



## QUICK TIPS

Place frequently used items close to you.

Use a document holder to avoid twisting your head.

Vary tasks to avoid repetitive motions.

Take micro-breaks every 30 minutes to avoid prolonged computer work.

Adjust monitor contrast to high, and brightness to low.

## From the expert

"Good desk posture is dynamic and relaxed, not static and rigid. The goal is not to find and maintain one perfect position. The goal is to move frequently and easily within a range of good postures."

—Lisa Prieto, physical therapist, Sharp Memorial Hospital

