Posture at the Computer

Posture at the computer to reduce **Upper Limb Disorder** (ULD) or **Repetitive Strain Injury** (RSI).

Work Station Requirements:

1. Adjustable back rest on seat.
2. Good back/lumbar support.
3. Height adjustability on seat. Arms should be horizontal to the table.
4. Thighs not exposed to excess pressure.
5. Foot rest / support if feet are not flat on floor. This reduces pressure on backs of legs.
6. Clear space around desk for postural changes and movement.
8. Minimum wrist movement.
9. Adjust screen height and angle to align eyes with top of screen.
10. Space on desk to rest wrists during breaks in typing.

Remember:

- Take regular short breaks from the screen.
- Use a document holder to reduce un-necessary head and neck movement.
- Reduce screen glare where possible, by dimming lights or re-positioning the workstation.