

STOP & THINK

Week 13 – Ergonomics – The Ideal Posture



I would love to offer some great guidance on yoga, but I can't! However, this week the topic switches back to [Well Being](#). As outlined on our iNet, you may not know it, but working at your computer can take a toll on your body. It can cause sore muscles, headaches, eyestrain, tension, and fatigue. That's the bad news. The good news is you can do something about it.

Begin by asking yourself, "[Am I really comfortable?](#)". Ergonomics is the science of arranging your workstation to fit you and your body. You can [assess](#) your workstation and make [simple adjustments](#) to improve your comfort and safety on the job. The iNet has some good guidance on steps to make yourself comfortable at your workstation.

For starters here's one for you relating to '[The ideal posture](#)'. Click on the link for details.

For those of you who are super efficient and use dual screen here's some general guidelines:

- The top of the screen should be at eye level or lower for non touch typists. Consideration should be given to individuals who wear bi-focal or tri-focal lenses in which case the monitor may need to be lower. Monitor risers may be needed.
- Both screens should be placed at equal height next to each other.
- If monitors are used equally they should be positioned next to each other in line with the keyboard. The keyboard should be centred in front of the user.
- If one monitor is used for the majority of the time that monitor should be placed directly in front of the user with the second monitor next to it, to the side, at a comfortable angle.

Did you know the Display Screen Equipment Regulations 1992 exist? These require employees to minimise the risks in VDU work by ensuring that workplaces and jobs are well designed and to provide computer users with information that will help them reduce or avoid their exposure to any risks. Under these regulations an [assessment](#) of your workstation [must also be carried out](#).

[For further information:](#)

B&V iNet (PROSYS)

Form FB333/1

One Safety Hub

<http://www.onesafetyhub.co.uk/Partners/Ch2mhill/Lists/OSHLibrary/Forms/DispForm.aspx?ID=18>

A promotional poster from CH2M Hill illustrating key body postures on the subject with ideas for minimising risks

A question or two to get you thinking!

When was the last time you undertook an assessment of your workstation ?