

ERGONOMIC STRESSOR:

# Workstation Fatigue

HEALTH CONSEQUENCES:

## Carpal Tunnel Syndrome

Pain in the hand and arm accompanied by tingling

## Muscle Aches and Pains

Persistent pain that lasts for months or years and may be caused by physical or psychological factors

## INJURY PREVENTION TIPS

### Monitor Position

Sitting too far or too close to your monitor can overwork your eyes and create long term vision problems. Glare can also be an issue. Make sure that light sources are perpendicular to your monitor and you are an appropriate distance away.

### Wrist Position

Adjust your chair and armrests so that your wrists are straight, not bent. Also, avoid contact trauma with the edge of the desk.

### Ample Leg Room

Your legs should not come into contact with the desk. You should have space above and to the sides of them.

### Placement of Items

Frequently-used items should be positioned as near as possible to reduce awkward reaching postures.

### Posture

Proper lumbar support and sitting up straight can prevent long term chronic lower back pain.

### Chair Fit

Using a chair that is too high, too low, too big, or too small can stifle blood flow and cause leg pain or nerve damage.

