

# Wellness Ergonomics Principles

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## ① Be Proactive

Adjust, adjust, adjust! If you can't adjust your chair and workstation, then consider changing equipment so it adjusts to you.



Address pain immediately with your supervisor. Work should not hurt. Work with your supervisor and EHS to review risks and solution options.



## ② Use Appropriate Postures



Don't extend arms to reach keyboard or mouse.

Keep the keyboard and mouse at the same height.

Keep wrists straight and elbows near sides.

Don't twist your neck.

Keep the monitor centered with your nose.

## ③ Vary your movements

Learn combination keystrokes to reduce mouse clicks.

Split up computer-intensive tasks with non-computer tasks.

Consider standing for part of the day.

