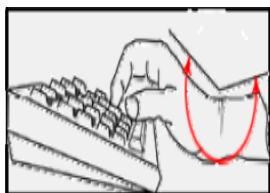


# COMPUTER ERGONOMICS



**Monitor:**  
Arms length away with  
toolbar falling at or below  
eye-level.



**Keyboard:**  
Avoid upward bending of  
the wrist while typing.

Over the past few decades, computer-based technology has become indispensable in most offices. Along with the proliferation of the technology, concern about healthy, safe, and comfortable use of computers has emerged.

## Symptoms:

- Muscular Discomfort - pain, aching, loss of coordination, numbness, and stiffness
- Eye Strain - headaches, dizziness, nausea

## Preventative Ergonomic Guidelines:

### Monitor Configuration

- Depth - The monitor should be arms length away from you while seated.
- Height - The toolbar at the top of the screen should fall just below eye level, this allows the user to view the screen without causing neck strain from repetitive moving.

### Keyboard and Mouse Configuration

- Keyboard - The keyboard should be set to a height so your forearms are parallel to the floor and make a 90° to 110° angle with the upper arm.
- This should allow you to freely type without resting your wrists on ANY hard or soft surface. Most desks require an adjustable keyboard tray to accomplish this.
- Mouse - The mouse should be located on the same plane as the keyboard (keyboard trays should have a mouse caddy to accommodate the mouse). Determine which mouse causes the least strain on your wrist (conventional, trackball, etc.).

### Chair Configuration

- Depth (Seat Pan) - The seat pan should leave roughly a 2-3 finger space between the end of the seat and the back of your legs.
- Height - The chair should be at a height that allows you to place your feet flat on the floor with your thighs perpendicular to your lower legs.
- Lumbar Support - The lumbar support on the chair should contour and rest against the small of your back.
- Backrest Tilt - The Backrest should be at a 90-110° angle when typing.

### Preventative Exercise

- Get up and walk around to stretch your legs for a few minutes on an as-needed basis.
- Stretch - wrists, arms, and back periodically while at your workstation.



FM-OHS:

[fm-ohs@virginia.edu](mailto:fm-ohs@virginia.edu)

(434) 297-6379