

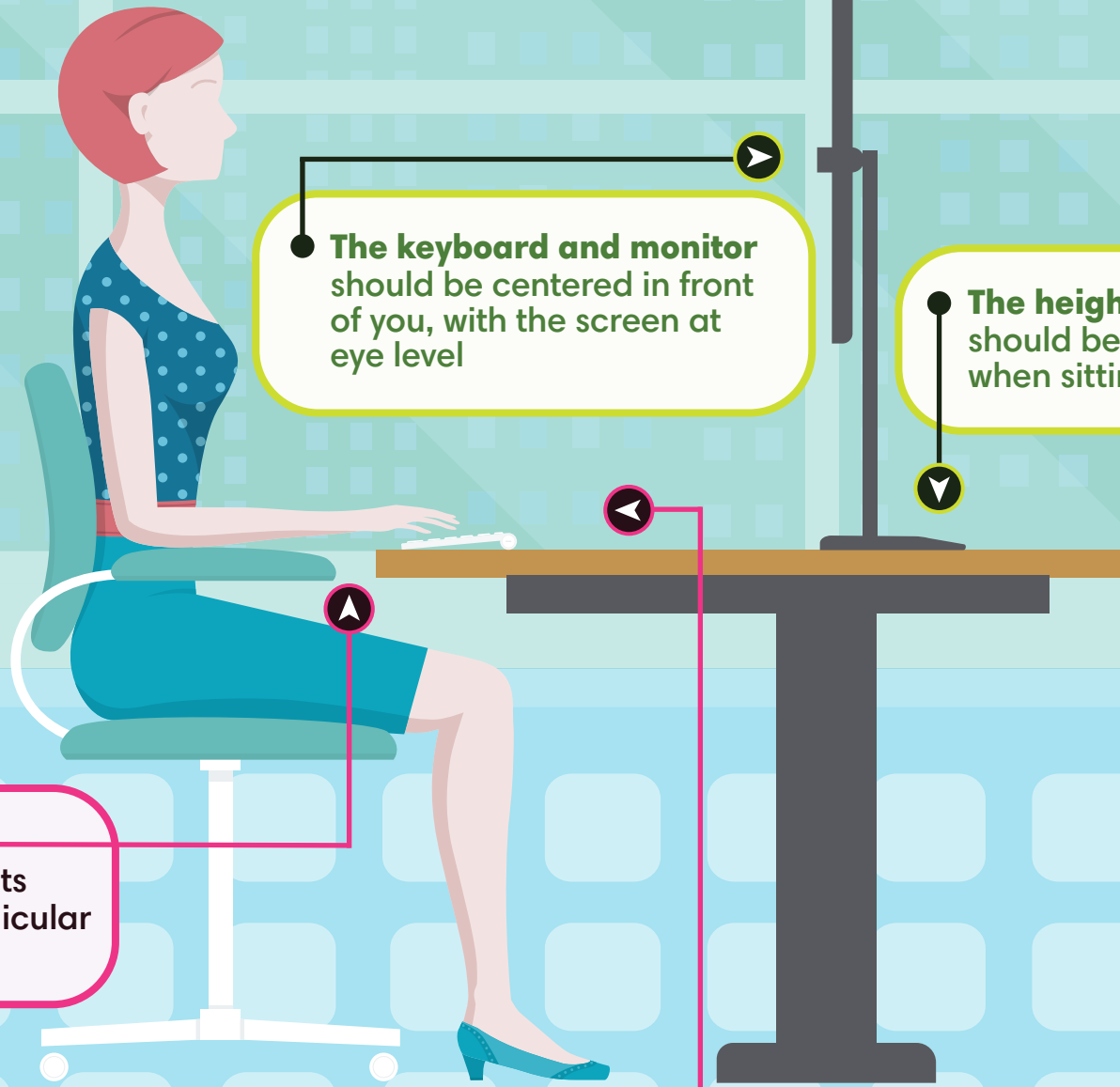
Is your computer a

# PAIN IN THE NECK?

Continuous computer use can cause aches or persistent pain.

Here's what you can do to alleviate it:

## A Properly Designed Workstation



**Your chair** should have a padded seat and be adjustable for height and tilt

**The keyboard and monitor** should be centered in front of you, with the screen at eye level

**The height of your desk** should be at elbow level when sitting

**Keep elbows** at an open angle, with wrists straight and arms perpendicular to the floor

**Sit back** in your chair, with both feet on the ground or a footrest

**Keep fingers relaxed** on the keyboard and grip the mouse gently

## Correct Posture

Practice these tips for a more comfortable work experience

For more information, visit [nsc.org](https://www.nsc.org)

Eliminating Preventable Deaths™



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