

Basic Ergonomical advice on posture at work

- The screen should be directly in front of your body – do not turn head to look at the computer screen.
- The keyboard and the mouse should be as close to you as possible – do not stretch out your arm to use the mouse.
- The top of the computer screen should be level with your eyes – putting your neck in a more neutral position.
- The screen should be far enough from your field of vision were you can easily see around your computer screen.
- When typing a large text from paper try to place the paper copy as close to the screen as possible – to reduce the amount of rotation being put through your neck.
- When typing try to use an external keyboard – allows greater freedom for the hands.
- Angle keyboard towards yourself for a more natural wrist position.
- Possibly use a wrist support placed in front of the keyboard for added support.
- If using a laptop try to use an external mouse when ever possible.
- Make sure you are able to rest your forearms upon the desk – allowing relaxation of your arms and shoulders
- Make sure that the chair is able to go under the desk – so that you are closer to the desk therefore providing greater support.
- Make sure that your hips are higher than your knees when sitting at your desk.
- Place feet flat on the floor for greater support.
- Move around every hour for 5 minutes (minimum) – helps to reduce excessive pressure being placed upon specific areas.

This advice has been developed for patients which have a poor ergonomical working posture. As an information sheet, it must be viewed as a generalization – your osteopath may have given you pointers as to exactly which of the above are more, or less, relevant in your particular case.

Good luck and a speedy recovery.

Bradley Whale.