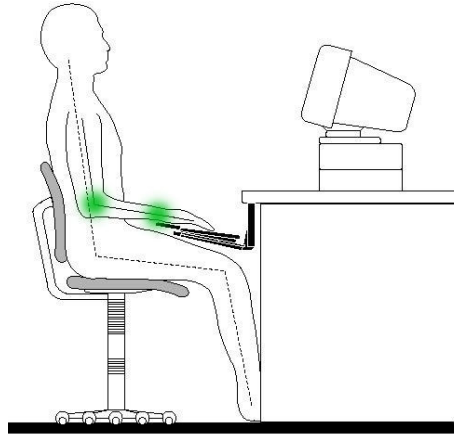# Computer Ergonomics

Ergonomics is defined as the applied science of equipment design, as for the workplace, intended to maximize productivity by reducing operator fatigue and discomfort. (www.dictionary.com)

Statistics show that the occurrence of repetitive stress injuries is on the rise. To prevent our students from experiencing these injuries, ergonomics experts recommend we teach our children how to use computers properly.

OSHA recommends…	Business educators teach…
• Keep eyes level with text on the monitor.	• Keep top of monitor at eye level.
• Keep neck bent slightly with head almost straight.	• Keep elbows in relaxed, natural position at sides of body.
• Keep shoulders down and arms relaxed by sides.	• Keep wrists low and relaxed, but off frame of keyboard.
• Keep hands and wrists straight.	• Keep fingers curved and upright over home keys.
• Keep low back supported.	• Use adjustable chair with back support.
• Keep feet flat on the floor.	• Keep feet on floor for proper body balance.

For additional information:
- Speak to a Business, Computer and Information Technology teacher
- Check out these websites:
http://orosha.org/cergos
http://ergo.human.cornell.edu (source of drawing)

Poster created by Amy Thorn, a Business, Computer and Information Technology teacher.