

## What Will Hurt You - Evaluation You Desk Posture

Posted in: Office Ergonomics, Home Office, Posture

Have you ever held a mirror up to yourself while you are deep in thought at your computer?

- ✓ Do you look like a vulture hunched over your equipment?
- ✓ Are you ...
- ✓ Bent?
- ✓ Contorted?
- ✓ Holding the phone between your ear and your shoulder?
- ✓ Reaching way forward to your mouse?
- ✓ Is your mouse winning the race as you chase it across your desk?

### Be Aware of Awkward Postures.

- ✓ Avoid slouching: move close and recline your chair's backrest 10-15 degrees;
- ✓ Zoom your screen content to 125-150% to help keep your head back over your shoulders;
- ✓ Get reference paper on a document holder under your screen.
- ✓ Use a head set or speaker phone to multitask with the phone.

### Static Muscle Use:

- ✓ Avoid reaching:
- ✓ Move closer to your workstation and keep your elbows close to your trunk;



**ERGORISK** This article was written by ErgoRisk

