

HOW TO AVOID THE OFFICE

Pain in the Neck



Chairs with back support and angle adjustment prevent fatigue and injury.



Hands-free headsets reduce neck and shoulder strain.

Here are some suggestions for an ergonomic office:

1. Chairs that fit your body, adjust so you can vary your posture throughout the day, and accommodate different tasks are crucial for comfort and to prevent injury. Important features to look for include pneumatic seat height, back height, and back angle adjustments.
2. Risers that elevate low-sitting monitors so the tops are correctly placed at eye level reduce eye, neck, and shoulder discomfort and help you maintain better posture.
3. Footrests reduce pressure on your thighs, which can negatively impact blood circulation.
4. Keyboard arms and trays allow proper keyboard height and keying posture, which provides improved hand, wrist, and forearm positioning. This helps reduce stress and fatigue.
5. A document holder positioned alongside your monitor eliminates tiresome head and neck rotation and eye refocusing.
6. Proper lighting and glare reduction help reduce eye strain. Use bright lights with a large lighted area when working with printed materials. Limit and focus light for computer tasks. Using an antiglare screen on your computer monitor can dramatically reduce eye fatigue.
7. Hands-free telephone headsets eliminate awkward cradling of phone handsets between your head and shoulder and let you comfortable multi-task while on the phone.

If you're not careful, office work can become a real pain in the neck...literally! Paying attention to ergonomics - fitting the environment to the person and the task - can decrease repetition stress injuries and improve productivity and morale.

We carry a wide variety of ergonomic solutions that will help make your work environment more comfortable and healthier.

Article courtesy of:



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