Computers are in use in just about all companies nowadays. It’s difficult to find a desk without a computer now. All computer users should think about their safety, and how to avoid potential problems associated with long-term computer use. Long term computer use could potentially cause health issues. Computer use can and does cause short-term problems like blurred vision, neck pain, finger and hand pain as well as lower back pain. Review these safety tips with computer users.

**Tools Box Talks**

**Computer and Desk Ergonomics**

- Monitor positioned 20 - 30’ (50 - 75 cm) from eyes.
- Source documents positioned close to monitor screen for easy viewing.
- Monitor centered directly in front of eyes.
- Hands and wrists are in a straight line with forearms (not bent up or down).
- Ergonomic Mouse
- Shoulders and arms are roughly perpendicular to the floor; elbows are held close to the sides.
- Adjustable keyboard tray and chair allow ample clearance between thighs and keyboard tray.
- Thighs are roughly parallel to the floor; lower legs are roughly perpendicular to it.
- Space under desk is clear to allow legs room to move and stretch.
- Chair offers lower back support.
- Feet rest firmly on floor or foot rest.
- Clearance between back of knees and chair should equal 2’
- Seat offers adequate padding, width and depth for personal comfort.

**WorkSafe**

Smart, Accident-Free Environments