

Avoid Discomfort

at your computer workstation



- Adjust your chair and equipment to fit you
- Reduce use of equipment that is not designed for sitting (e.g. exercise ball)
- Avoid contact against hard surfaces
- Learn keyboard shortcuts to reduce use of the mouse
- Alternate use of the mouse between your dominant and non-dominant hand
- Arrange working materials (e.g. phone and pens) within comfortable reach
- Report signs and symptoms early: numbness, tingling, swelling, etc.
- Give your eyes a break - look away from the screen regularly
- Get up - change positions
- Stretch!

