

Maintain Proper Ergonomic Positioning and Good Posture to Help Avoid Injuries

To understand the best way to set up a computer workstation, it is helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD). The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation:

- Hands, wrists, and forearms are straight, in-line and parallel to floor.
- Head is level, forward facing, balanced and in-line with the torso.
- Shoulders are relaxed and upper arms hang with the elbows slightly forward from the side of the body.
- Elbows stay in close to body and are bent between 90 and 120 degrees.
- Feet are fully supported by floor or footrest.
- Back is fully supported with good lumbar support while sitting upright.
- Thighs and hips are supported by a well-padded seat, fitting the user's height with 1" or more of space from the back of knee.
- Knees are just slightly lower than the hips with the feet slightly forward.

What This Means for Counties

Regardless of how good your working posture is, sitting or standing still in the same posture for prolonged periods is not healthy. Get up and move frequently throughout the day and practice safe stretching exercises often:

- Stand up and walk around for a few minutes periodically
- Stretch your fingers, hands, arms, and torso

For assistance, contact any member of the CTSI Loss Prevention Team at 303-861-0507

