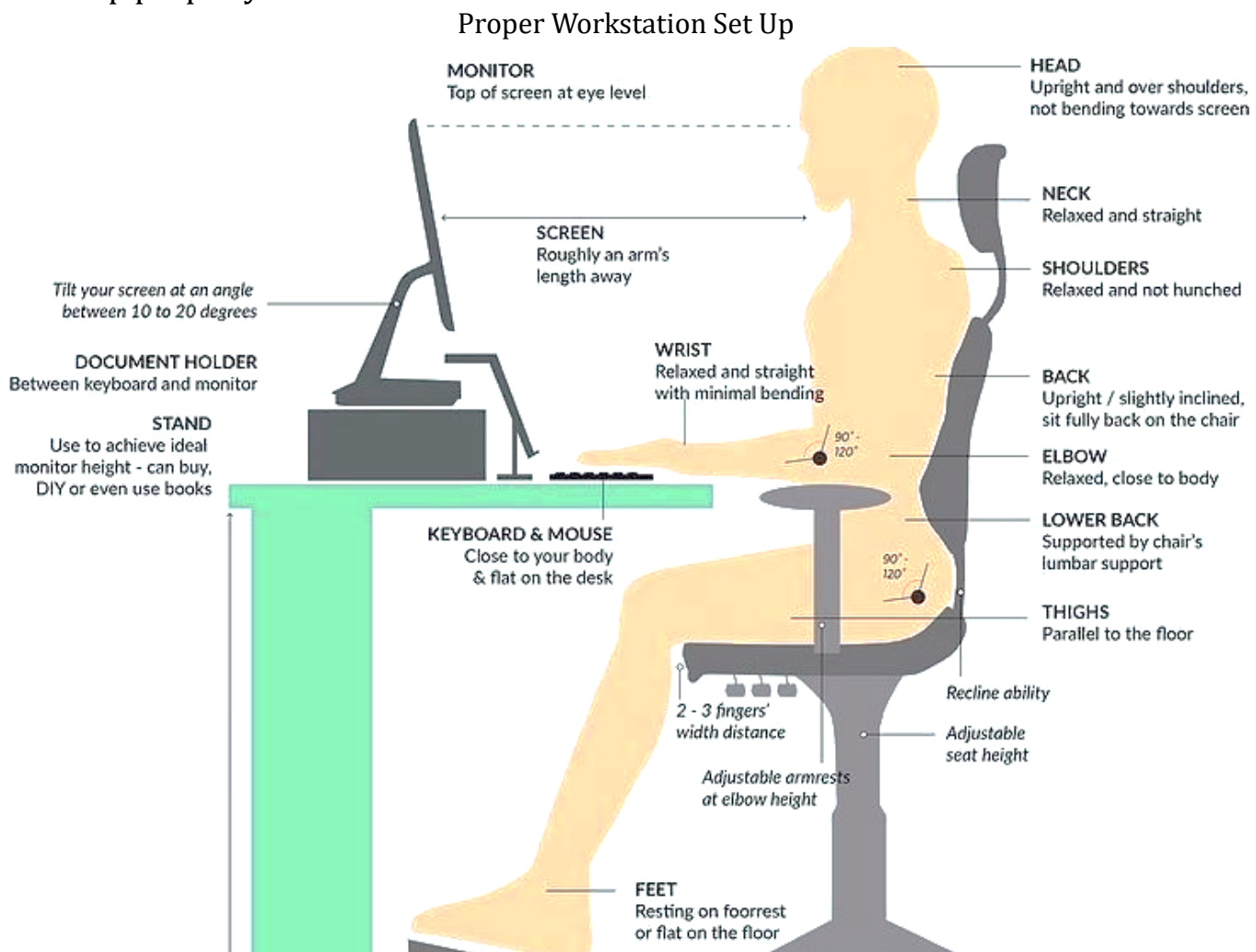


Ergonomics

How do I know if my office or workstation is set up properly?

- Are your feet hanging above the floor or not supported firmly?
- Do you feel your shoulders are being raised to use a keyboard or reach the armrest on your chair?
- Is your keyboard hanging off the edge of the desk?
- Do you have to raise or lower your neck to look at the computer screen?
- Do you have to twist in your chair to accomplish any task?
- Do you have to reach over your head or out and away from your body?
- If you answered yes to any or all of the above, your workstation might not be set up properly.



Source: Elevate Ergonomics

An improperly set up workstation can cause discomfort or aggravate an existing condition.
Complete a self assessment of your workspace and make appropriate changes.

If after two weeks you are still experiencing discomfort,
contact an ergonomics specialist at RMS@pvamu.edu to have your workstation evaluated.