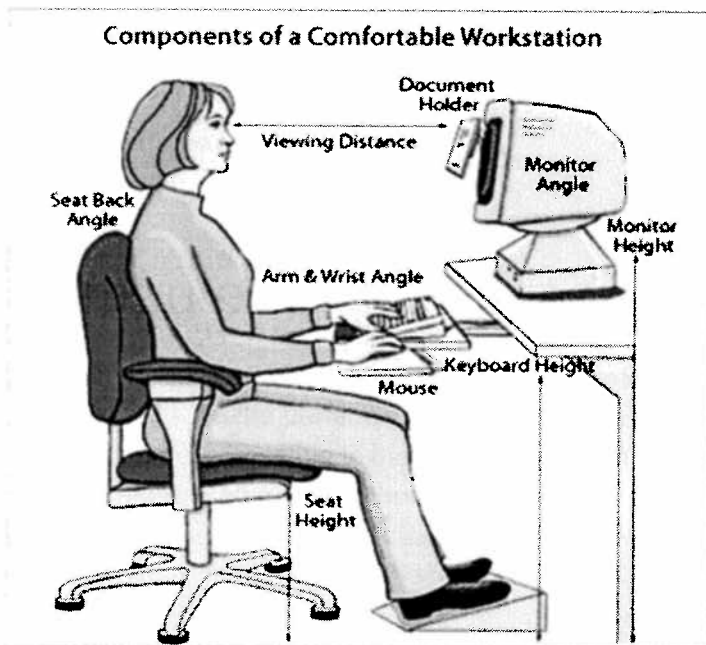


# Computer Ergonomics

Ergonomics comes from the Greek; *ergo* - to work and *nomics* - to study, so basically ergonomics is the **study of work**. In the perfect working world this would translate to fitting the job to the worker, unfortunately that is not always possible in the working world. In your Online learning world the student should make every possible effort to ensure that their computer work station is as ergonomically correct as possible. It will help prevent injury, and help make class more enjoyable, and less like work.



This Tip sheet is a quick overview from the Cornell University Ergonomics Web

## 12 tips for an Ergonomic Computer Workstation

1. use a good chair with a dynamic chair back and sit back in this
2. top of monitor casing 2-3" (5-8 cm) above eye level
3. no glare on screen, use an optical glass anti-glare filter where needed
4. sit at arms length from monitor
5. feet on floor or stable footrest
6. use a document holder, preferably in-line with the computer screen
7. wrists flat and straight in relation to forearms to use keyboard/mouse/input device
8. arms and elbows relaxed close to body
9. center monitor and keyboard in front of you
10. use a negative tilt keyboard tray with an upper mouse platform or downward tiltable platform adjacent to keyboard
11. use a stable work surface and stable (no bounce) keyboard tray
12. take frequent short breaks (microbreaks)

The following websites contain lots of helpful advise for properly setting up your computer workstation, along with ideas for keyboards, lighting, and all types of accessories.