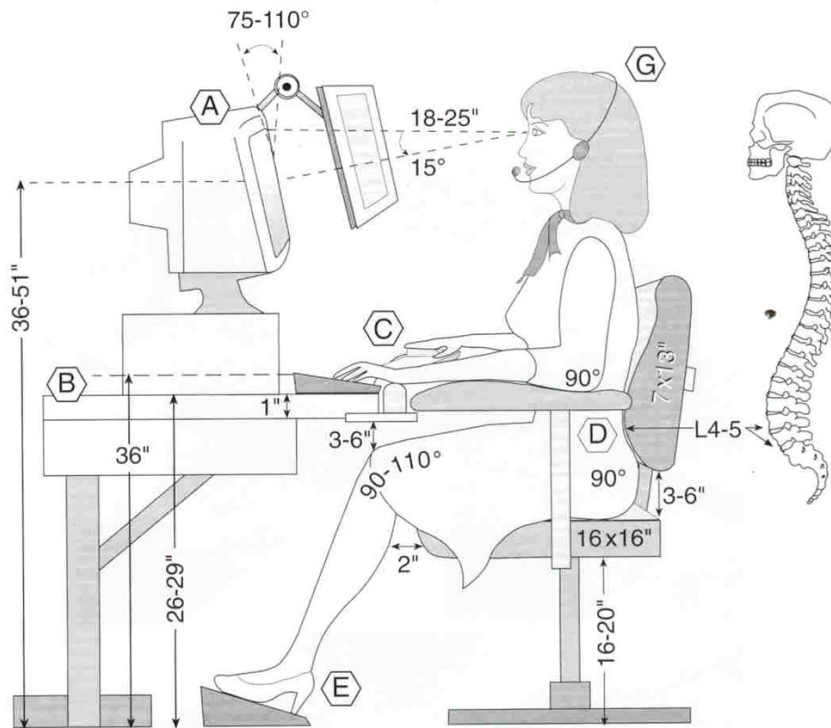


Work Station Evaluation

Although there is no evidence that computers or a specific workstation will cause any injury, a comfortable workstation is important. Below are some recommendations that you may find helpful. Also, aerobic activities, such as walking 20 minutes three times a week, weight loss and stretching can also be helpful.



- A**
 - Screen, document holder and keypad in front of user
 - Monitor and adjustable document holder at the same angle and height 18-25" viewing distance
 - Viewing angle
 - top line of type at/or slightly below eye level (15° downward from horizontal)
 - Screen inclination 75-110°
- B**
 - Height of work surface 26-29"
 - Thickness of work surface at least 1"
 - Width of work surface at least 30"
 - Height from floor to screen center 36-51"
 - Keyboard height approximately 36"
- C**
 - Home row of keys at elbow height
 - Wrists neutral when addressing keyboard
 - Wrist rest equal in height to the space bar key and approximately 3" wide
 - Mouse positioned at the same height and distance as the keyboard
 - Mouse positioned in close proximity to the keyboard to avoid over reaching
 - 3-6" of space between knees and desk
- D**
 - Elbows and hips 90°
 - Knees 90 - 110°
 - Shoulders relaxed, not elevated or abducted when addressing the keyboard
 - Arm rests adjustable for width and height
 - Armrests should allow close approach to desk
 - Back rest is approximately 7 x 13" with lumbar support at L₄-L₅
 - Backrest inclination 90-100°
 - Seat pan approximately 16 x 16"
 - Seatpan tilt ± 6° to the horizontal
 - Seat pan and back rest separately adjustable
 - Chair height is adjustable to 16 - 20" from floor to seatpan
 - Chair ends at least 2" from back of knee but covers 75% of thigh
- E**
 - Footrest or feet flat on floor
 - pivoting style footrest is best for changing position
- G**
 - Headset is used to prevent awkward head position

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