

Ergonomics Note

Injury	Symptoms	Cause	Prevention	Treatment
① Texter's Finger Nintendo Thumb <u>Smart Phone Pinky</u>	-burning pain -numbness	(pinky) (others) holding phone texting, gaming	-text less	-finger brace -surgery
② Carpal Tunnel	-burning pain -can't move fingers	-typing with wrists bent	-moveable keyboard -hold wrists flat -exercises for hands	-wrist brace -surgery
③ Backache Neck Strain	-pain	-screen is in wrong position or isn't high/low enough. or is positioned wrong	-screen is at eye level -try sit properly	-pain killers (medication) -surgery
④ Numb Legs	-can't feel legs - "pins + needles" feeling	-chair is positioned wrong	-put feet flat on floor	
⑤ Headache Eye strain	-burning /dry eyes -trouble seeing -see spots	-screen glare	-adjust light in room -window shades -glare guard	-glasses -pain killers (medication)
⑥ Trouble Sleeping	-can't fall asleep -wake up in night	-TV, use computer, device 1 hr before bed.	-Don't use devices 1 hr before bed.	
⑦ Ringing Ears	-hear ringing or high pitched noise	ended use of gaming headsets/ headphones at loud volume	-take breaks -turn down volume	