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OSTEOPATHY POST-TREATMENT ADVICE SHEET

# ERGONOMIC GUIDELINES FOR COMPUTER USERS

These guidelines are informative but do not replace a comprehensive workstation assessment. If issues persist, consider seeking evaluation from us.



## TIPS FOR A GOOD DESK SET UP:

- Place the screen at arm's length with the top at eye level.
- Learn the chair controls. Keep your back on the backrest. Adjust it upright or angled 10-30 degrees back. Set chair height so your elbows align with the desk.
- If your feet don't touch the floor comfortably after adjusting the chair, use an adjustable footrest.
- Pull yourself close to the desk and position the keyboard to allow wrist resting space when not typing.



Poor posture, while appearing relaxed, lacks lower back support and can lead to long-term lower back damage.

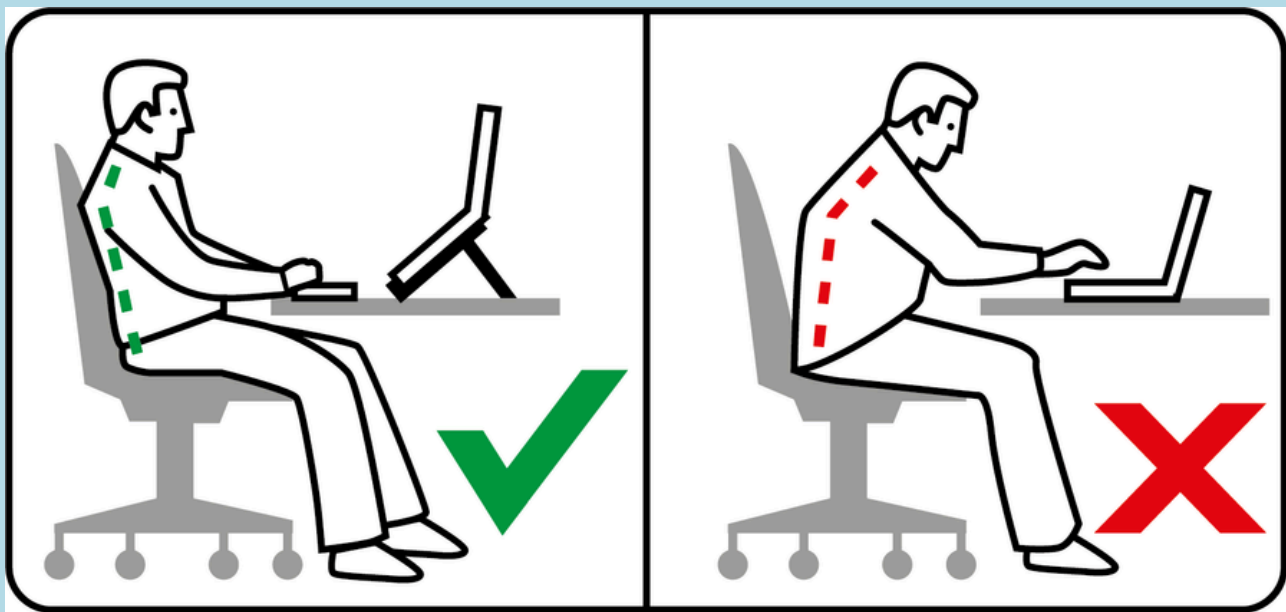
Poor posture leads to lack of lower back support causing it to curve incorrectly. The forward head position strains the neck, shoulders, and upper back.

## MORE TOP TIPS. TAKE A BREAK.

Take short breaks from your chair at least every hour.

To alleviate eye strain, follow the 20-20-20 rule: Look away from the screen for 20 seconds every 20 minutes, focusing on an object at least 20 feet away.

Regular eye check-ups are recommended, especially if you experience eye fatigue or headaches.

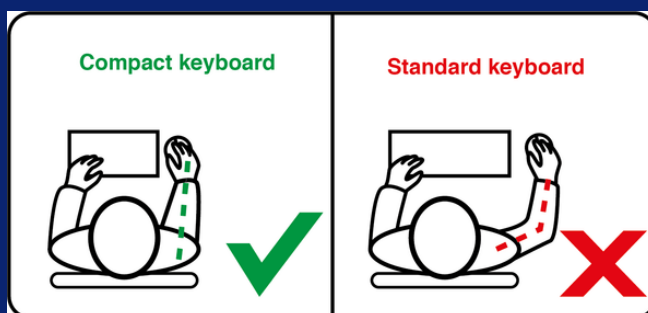


#### Other Considerations:

- If the chair arms prevent you from comfortably reaching the desk, consider removing them to adjust your position.
- Tilt your keyboard if you look at your fingers while typing to reduce forward head tilting. Learning touch typing can enhance your posture.
- Use a suitable document holder instead of leaning over the desk when referring to paperwork while typing.
- For frequent phone use during computer work, consider using a headset for convenience.

#### Mini/Compact Keyboard:

- Use a compact keyboard without a number pad to improve shoulder position while using the mouse. These keyboards are available from the Osmond Group, along with other ergonomic accessories.



## MOBILE WORKING

Mobile Working: Laptops, netbooks, and tablets are intended for portability and occasional use, not prolonged periods.

Enhance laptop ergonomics by using a laptop stand with a separate keyboard and mouse, such as the Kensington Easy Riser laptop stand (not suitable for Mac laptops).