Have you experienced any of the following at work?

Eye strain

Wrist pain

Back pain

Joint problems

These problems make working more difficult and very uncomfortable, and you end up working less. However, it is time to say good bye…forever. By using equipment and techniques, you will be able to work with no pain, and for longer.

Ergonomics is the study of reducing work-related health problems and increasing the employee’s durability by using equipment and techniques. This brochure will guide you through what you can do to make work comfortable and increase your durability.

Ergonomic Furniture

There are several equipment in your office that may be contributing pains and injuries. By using ergonomically correct equipment, these pains and injuries will start to decrease

**Keyboard:**

Split Keyboard: A split keyboard divide the keys into two halves, and each side is angled slightly outwards. This is a more natural position for your wrists and forearms. Split keyboards also come in an adjustable angle version where each half of the keyboard is separate. This allows you to adjust each half exactly as you need. There are other ergonomic keyboards in the market as well.

**Chairs**

Kneeling chair: The kneeling chair is one of the effective ergonomic chairs on the market. The kneeling chair has places to sit with a knee rest. This chair helps reduce stress on your back by distributing the weight between the buttocks and the knee. The shape of the chair keeps your back straight.

**Mouse:**

Contoured mouse: Trackball uses a small round ball to move the cursor. This mouse fits the natural shape of the hand is slightly elevated to support your wrist.

Techniques