Ergonomics

Ergonomics is the science of designing equipment to maximize productivity particularly in the workplaces. It is done by creating a comfortable work station so that no or little stress is put on the worker to maximize the amount of work the worker is able to do.

At an ergonomically desk, the workers arms should be at a 90 degree angle at the elbow while typing on the keyboard, and have the upper arms hanging vertically. The feet should be flat on the ground. Also, while typing on a keyboard, the wrists should be at a natural angle; it should not be bent upwards or downwards to avoid stress in your wrists. This can be done by using a split-design or tented-and-raised keyboard. Also, the knees should be at about the same height as the hips.

While sitting at a desk, the monitor should be 50-100cm away from your face, thus reducing the stress on your eyes. The monitor should be right in front of the workers face, preferably no more than 35 degrees of. The monitor should also be slightly below eye level.

In the ergonomically comfortable office, all the items on the desk should be within sight and within reach. The mouse should also be near to the keyboard to make transitioning from the mouse to the keyboard is faster and requires less movement.

By using an ergonomically correct office, fewer injuries occur, workers are able to work for a longer time and get more work done in a shorter time period. By using an ergonomically correct office, workers are able to be more durable, sustainable and productive, not to mention more comfortable in general.