Title:
Computer Ergonomics And The Workplace: It's Not A Matter Of Sitting Up Straight

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386

Summary:
Most people who are considering office furniture tend to look for a chair with a back that will allow them to sit up straight. In point of fact, sitting up straight is not really the best position to take when you are working at your computer. Indeed, there are many misconceptions when it comes to seeking ergonomically designed computer equipment, furniture and other products in the 21st century.

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Keywords:

Article Body:
Most people who are considering office furniture tend to look for a chair with a back that will allow them to sit up straight. In point of fact, sitting up straight is not really the best position to take when you are working at your computer. Indeed, there are many misconceptions when it comes to seeking ergonomically designed computer equipment, furniture and other products in the 21st century.

Turning for the moment to the matter of the best type of chair to use when using your computer, as has just been referenced, sitting up straight really is not the best course of action for you. Sitting at a ninety degree angle is not the healthiest way in which to work -- no matter what experts may have indicated for a significant period of time in the past.

In point of fact, sitting at a rigid and ninety degree angle is not comfortable for an extended period of time. Sitting in this manner can, in fact, be very uncomfortable.

There is a simple principle that is applied when considering ergonomics generally and computer ergonomics specifically: if it is not comfortable, it probably is not an ergonomically designed piece of furniture or equipment. In point of fact and generally speaking, when it comes to ergonomically designed

products, comfort really does normally equate with propriety and proper design.

The human body is a remarkable machine. It can send your brain warning signals whenever it is not properly positioned; hence, the discomfort you feel when you are not seated properly or using appropriately designed equipment and products.

In this day and age, there are a number of useful resources available to a person who is interested in finding out more about ergonomics generally and computer ergonomics specifically. Much of this material readily is available on the Internet and World Wide Web. By accessing this information you will be in a far better position to make appropriate decisions about furniture, equipment and related products that will best meet your needs -- in a healthy manner to boot.

Additionally, there are consultants in business today that can assist you in selecting furniture and equipment, including computers and related products, that meet ergonomic standards. Thus, you will know that the products you select and utilize will be best for you now and into the future.