

Modern Day Ergonomics

Preserving Your Body While Using Modern Devices

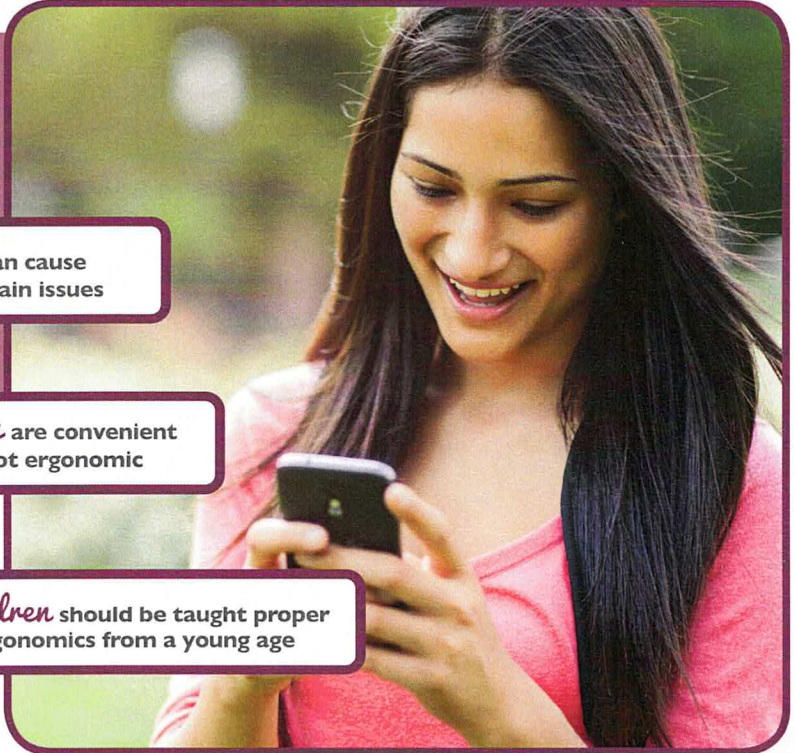
Conditions commonly associated with poor posture / ergonomics:

- Headaches
- Chronic Neck and Low Back Pain
- Upper Crossed Syndrome
- Tennis Elbow
- Weakness of Core Muscles
- Sciatica
- Carpal Tunnel Syndrome

Texting can cause repetitive strain issues

Laptops are convenient but not ergonomic

Children should be taught proper ergonomics from a young age



Smartphones & tablets

The problem

- Repetitive strain injuries like tendonitis and carpal tunnel syndrome are increasing in adults, but also among college age and even younger students.
- Extended periods of looking closely at the screen can cause: fatigue, eyestrain, headaches, blurry vision, difficulty focusing, headaches and increased sensitivity to light.
- Thumbs, fingers and wrists are not designed to handle the thousands of small, repetitious tasks that occur with texting, resulting in repetitive strain over time.

Solutions

- Keep your texts brief and when possible use the word prediction or auto complete tools on your phone.
- Your phone is still useful for talking! If you have a lot on your mind often a phone conversation works better than texting.
- Maintain a neutral grip (wrist straight, not flexed or extended) when holding your device.
- Maintain an upright posture while texting – try to avoid bending your head down constantly.
- When typing, use your phone in the vertical position vs. horizontal position to avoid excess strain on your thumbs.



Laptops

The problem

- The design of laptops violate an ergonomic rule; since the keyboard is attached to the monitor it's nearly impossible to position both correctly at the same time.
- Due to the convenient size and portability, laptops are often used in awkward positions compared to desktop computers, leading to more muscle and joint irritation.

Solutions

- Use your laptop more like a desktop when possible, with seated or standing posture instead of lying down.
- With extended periods of usage, consider using accessories such as a riser or a separate plug-in keyboard to minimize irritation.
- Close shades and blinds, and place laptop screen perpendicular to windows to avoid glare.



Desktop computers & the workplace

The problem

- 90% of the U.S. workforce uses computers to perform at least some aspects of their jobs.

Solutions

- Position your body in a “neutral spine” position, with wrists straight, elbows and hips at 90 degrees or slightly more and feet flat on the floor or platform.
- Make sure your eyes are level with the top third of the screen, approximately 18 to 24 inches away.
- Vary your computer tasks – mouse-intensive tasks cause different stressors to your body compared to typing, so switching back and forth will avoid some irritation.