Components of an Ergonomic Workstation

Top of the monitor at or slightly below eye level

Monitor approximately arms length away

Knees bent at a 90° angle

Forearms and hands in a straight line

Unobstructed space for the legs under the desk

Feet flat or resting on a foot rest

Lower back supported

Thighs parallel to the ground

Shoulders relaxed

Ergonomics – “Fitting the job to the worker”

INCLUDES:

- Exercises and stretching
- Adjustable chairs, keyboard trays, monitor arms
- Proper posture
- Furniture layout
- Lighting
- Input devices (mouse)
- Footrest

Visit the Division of Occupational Health and Safety’s (DOHS) ergonomics website:
http://dohs.ors.od.nih.gov/ergonomics_home.htm
- Learn how to set up your workstation ergonomically
- Learn how to properly adjust your chair
- Learn proper stretching and office exercises
- Information on ergonomic equipment manufacturers

Ergonomic services provided by DOHS:

TRAINING PROGRAMS:
- Office and laboratory ergonomics training
- Back safety training
- Specialized training for jobs involving tools and lifting

ERGONOMIC EVALUATIONS:
- Computer workstation evaluations for NIH personnel
- Worksite evaluations in laboratories, patient care, cafeterias, environmental services, etc.
- Post-injury worksite evaluation for injured or disabled employees

TO REQUEST AN ERGONOMIC EVALUATION

Contact the Ergonomics Program Manager at
301.496.3353

NO MATTER WHAT WORK YOU DO, ERGONOMICS PLAYS AN IMPORTANT ROLE IN PREVENTING OCCUPATIONAL INJURY AND ILLNESS

If so, please contact Occupational Medical Service (OMS) located in Bldg 10 Room 6C306

WRIST HANDS SHOULDERS

NECK LEGS LOWER BACK

Are you experiencing numbness, tingling, stiffness, cramping or general discomfort in your ...