

- your screen look sharp, and that they are a comfortable size.
- **eye checkup** - it's a good idea to periodically have your eyes checked by a qualified professional.

#### 6. What kind of work will the computer be used for?

Depending on the work you do different positions for the mouse and keyboard can help.

- Data entry- arranging the best numeric keypad/keyboard is a high priority.
- Surfing the net, graphic design - arranging the best mouse position is high priority.
- Word processing - arranging the best keyboard/mouse position is high priority.

#### 7. Where will the computer be used?

Think about the following conditions where the computer will be used:

- **Lighting** - make sure that lighting is adequate.
- **Ventilation** - make sure that you use your computer somewhere that has adequate fresh-air ventilation and that has adequate heating or cooling so that you feel comfortable when you're working.
- **Noise** - Try to choose a quiet place for your workstation.

**8. A good workstation ergonomic arrangement** will allow you to work in a neutral, relaxed, posture that will minimize the risk of developing any injury. An ideal

keyboard arrangement is to place this on a height adjustable negative-tilt tray.

**9. Finally take a break! All Chiropractors agree that it's a good idea to take frequent, brief rest breaks: Practice the following:**

- **Eye breaks** - every 15 minutes you should briefly look away from a computer screen for a minute or two to a more distant scene, preferably something more than 8 metres away.
- **Micro-breaks** - between bursts of activity such as typing you should rest your hands in a relaxed, flat, straight posture. During a two minute micro-break you can briefly stretch, stand up, move around, or do a different work task.
- **Rest breaks** - every 30 to 60 minutes you should take a brief rest break. During this break stand up, move around and do something else. This allows you to rest and exercise different muscles and you'll feel less tired.
- **Exercise breaks** - every 1-2 hours there are stretching and gentle exercises that you can do to help relieve muscle fatigue.

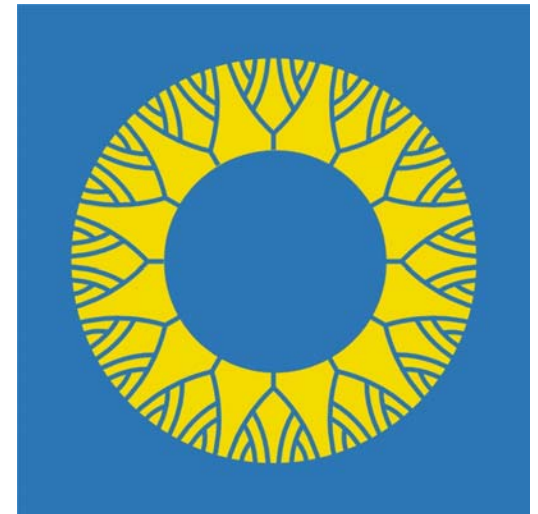
The above 9 steps give a brief summary on how to keep your spine healthy at your desk and while using your computer. To find out other ways in which to keep your spine healthy speak to the Chiropractors at Petrozzi Health and Wellness Chiropractic.

183 Norton St, Leichhardt, NSW 2040.

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[www.petrozzihealth.com.au](http://www.petrozzihealth.com.au)

## 9 STEPS TO HAVING A HEALTHY SPINE AT YOUR DESK

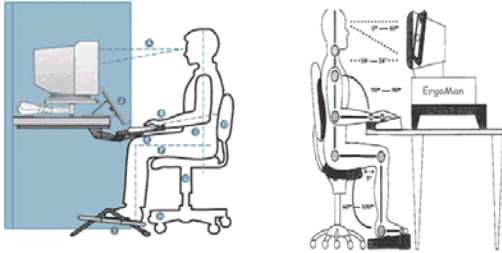


**PETROZZI HEALTH  
CHIROPRACTIC**

Creating a good working environment is essential in keeping your spine healthy. The following 9 steps are a brief summary of those things that should help you to improve your desk working environment. However, every situation is different, and if you can't seem to get your arrangement to feel right or you are confused about some of the following recommendations you should seek chiropractic advice.

Work through the following 9 steps and make reference to the diagram below to help you decide on what will be a good ergonomic design for your situation

The Ergonomically Positioned Workstation



## 1. Posture, posture, posture!

Good posture is the basis of good workstation ergonomics. Good posture is the best way to be comfortable at work:

- Make sure your posture feels relaxed.
- Choose a comfortable chair to sit in that has a good backrest which provides lumbar support. Studies show that the best seated posture is a reclined posture of 100-110 degrees NOT the upright 90 degree posture that is often portrayed. In this posture the chair starts to work for the body.

- Make sure you sit back in your chair.
- Make sure your desk is stable working surface with adequate room for all things that you use during work.
- Make sure that your head and neck are as straight as possible .
- Also check that the feet can be placed flat on the floor or on a footrest.

## 2. Keep work close!

- Make sure that those things that are used most frequently are placed closest to you so that they can be conveniently and comfortably reached.
- Make sure that the phone is also close to you if you frequently use it.

## 3. What can you see?

Make sure that any paper documents that you are reading are placed in front of you - use a document holder where possible.

**If you use computers ask yourselves the following questions:**

## 4. How long will the computer be used for?

- If it's a few minutes a day then ergonomic issues may not be a high priority. If it's more than 1 hour per day you should create a good ergonomic environment. If working with computers is an integral part of your day try and

return to the same work station where you can have influence over the ergonomic environment.

## 5. What kind of computer will be used?

**Laptop computers** are growing in popularity and are great for short periods of computer work but laptop design can lead to problems. When the screen is at a comfortable height and distance the keyboard isn't and vice versa. For sustained use desktop computers are far superior.

- Make sure that you can reach the keyboard keys with your wrists as flat as possible (not bent up or down) and straight (not bent left or right).
- Make sure that your elbow angle (the angle between the inner surface of the upper arm and the forearm) is at or greater than 90 degrees to avoid nerve compression at the elbow.
- Make sure that your upper arm and elbow are as close to the body and as relaxed as possible for mouse use - avoid overreaching. Also make sure that your wrist is as straight as possible when the mouse is being used.

## A computer monitor should be placed:

- **directly in front of you at arms length and at a comfortable height** that doesn't make you tilt or twist your head to see it .
- **screen quality** - use a good quality computer screen. Make sure that the text characters on