

Ergonomic Advice

with Spinavita Chiropractic

What is ergonomics?

Ergonomics is the study of a person's efficiency in their working environment. Ergonomics concerns how you, as an individual, fit into your workplace in order to make your tasks as easy as possible and reduce unnecessary discomfort.

Why is ergonomics important in the workplace?

Your sitting posture at work is vital for your comfort and therefore, your productivity. If you are sat in an awkward position or there are lots of repetitive movements in your day, excess stress is placed on the body which can cause discomfort. Improving your physical comfort will also have a positive impact on your mood, concentration and performance.

Taking breaks and moving in the workplace

There is no one posture that is "good" and there is not a list of "bad" postures; the actual issue we commonly face is holding a position for too long. Therefore, the key is variability; frequently change up your position or get up to move about- you could even set yourself an alarm to remind yourself every 20 minutes for example.



Top tips for the office

- Adjust the back of the chair to a position in which you feel supported.
- Adjust the height of the chair and screens to complement your stature- your eyes should meet the top of your screen.
- Move the chair closer to the desk to avoid overstretching or leaning forwards too much. Also, have your most used items and products in an easy to reach position. You can use a wireless mouse or keyboard to prevent overreaching. Use the zone system, to keep most used items in the primary zone.
- If you are a dual screen user, both screens should be at the same height to avoid dipping your head between screens. If you use both screens equally, the screens should meet in the midline of where you are sat. If you use one screen more than the other, move that screen to the centre and your secondary screen next to it, on a slight angle.
- Keep your feet flat on the ground, with the hips and knees at 90 degrees. If you find your hips are below your knees, then you may require a wedge cushion to sit on. You may also wish to try a footstool if your feet do not reach the floor fully.
- Adjust the arm rests on your chair to carry the weight of the arms with your shoulders in a relaxed position to be level with your keyboard or desk.
- Take regular breaks.



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