



Workstation Wellness

HermanMiller





Ergonomic Tips

20-20-20 Rule

Every 20 minutes, look at something 20 feet away for 20 seconds. This exercise will help you avoid eye strain, and reduce headaches and neck pain.

Dual Monitors

When using two monitors, align them in front of you according to your time spent looking at each screen to minimize head turning. Each monitor should be approximately a full arm's length away.

Wear Bifocals?

Tilting your screen up slightly will help ease eye strain when wearing bifocal or progressive lenses. Lowering your monitor may also help prevent neck strain.

Sit. Stand. Repeat.

Generally speaking, you should stand from 5 to 20 minutes every hour. Changing postures throughout the day will reduce back pain and keep you more alert.



Ergonomic Tips

Sit Back

Sit all the way back in your chair. This helps support your spine's natural S shape.

Flat Feet

Make sure your feet are squarely supported on a foot rest or the floor. Putting your feet on the base of the chair can reduce circulation to your legs, and can affect spinal alignment.

Parallel Position

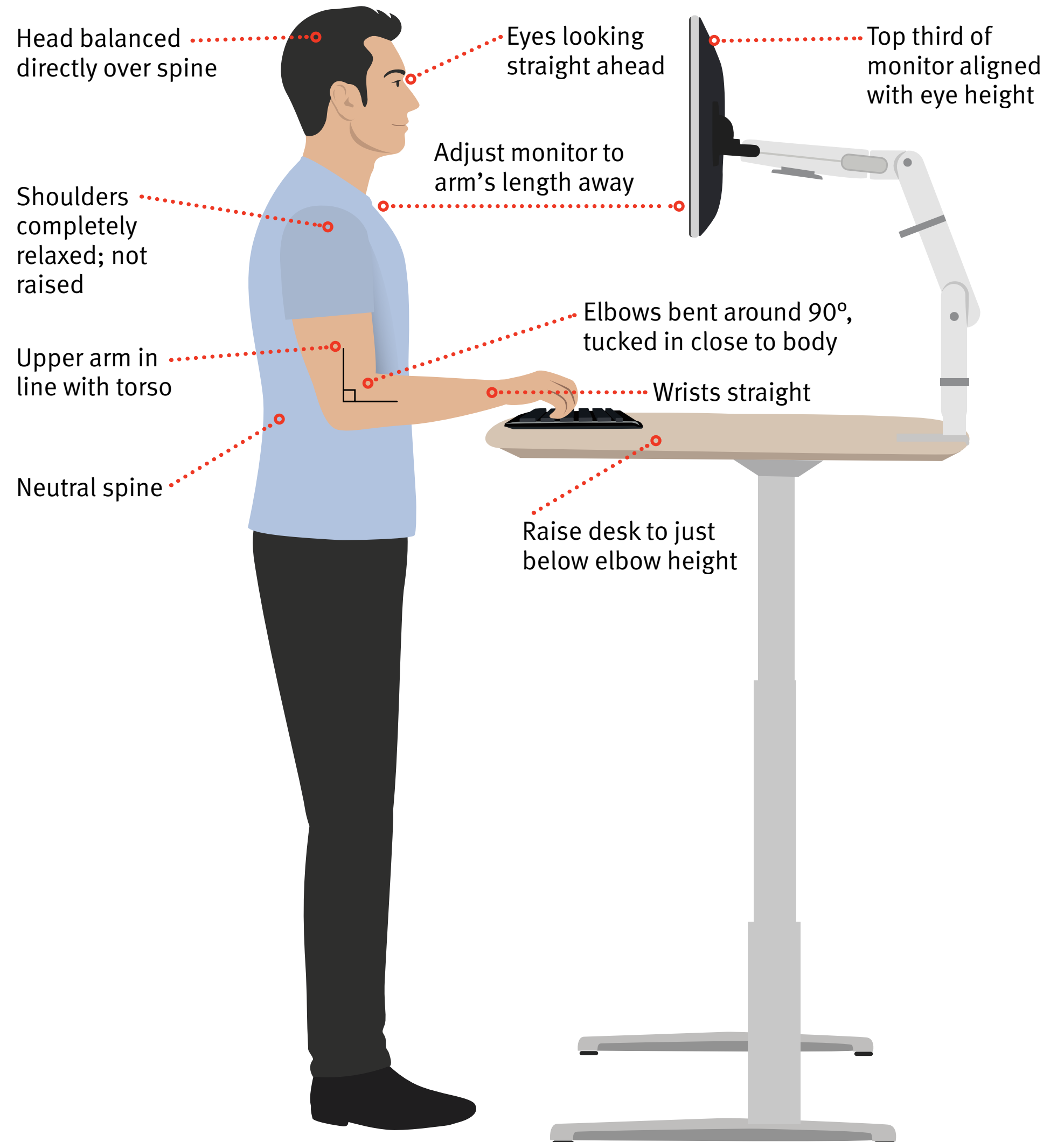
While typing, keep your forearms parallel to the floor, with your elbows in a relaxed position. Too-high surfaces will cause elevation at the shoulders, increasing tension in the neck and back.

Pull Screen Toward You

Pull your environment toward you—not the other way around. Sit back in your chair, and pull your monitor(s), keyboard, and mouse toward you to reduce the tendency to lean forward. Leaning forward increases strain on the spine, neck, and jaw.



Guide to Ergonomic Standing Posture





Guide to Ergonomic Seated Posture

