


Are You Sitting Comfortably?

Simple ergonomic tips for office workers



Try to avoid glare and bright reflections. Arrange your desk and screen appropriately, and use blinds or curtains too.

Adjust screen brightness and contrast to suit the room's lighting.

Breaks should be taken before the onset of fatigue, while productivity is still optimal. They shouldn't be used as a way to recuperate.

Look into the distance every now and then, and blink often.




Stretch and change position from time to time.

Shorter, more regular breaks are better than longer, more occasional ones.

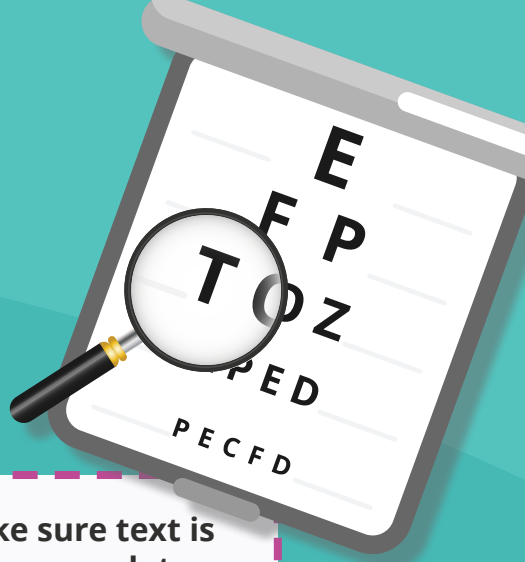
Breaks or activity changes should be included in work time. They should also reduce workload at your screen.

Take breaks away from your screen, if possible.



Your forearms should be roughly horizontal when typing, and your eyes should be level with the top of your screen.

Make sure on-screen text is sharp and flicker-free.




Make sure text is large enough to read comfortably.



Use colours that are easy to read. Avoid combinations like red text on a blue background.

Avoid excess pressure on the backs of your legs and knees from the edge of your seat. Use a footrest, if it helps.



The timing of breaks is more important than length.