



Work Safety

Spend all day tapping away on a keyboard or lifting heavy objects? This can result in injury and musculoskeletal disorders, including neck pain, back pain, tendinitis and carpal tunnel syndrome.

If you work on a computer, improve your sitting posture:

1. Make sure chair fits correctly.
2. Ensure that your feet rest flat on the floor.
3. Sit with knees bent at about a 90-120° angle—using an angled footrest can help.
4. Position monitor so top of screen is at, or below, eye level.
5. Keep wrists in neutral position while typing—not angled up or down; keep mouse close to keyboard.

If you lift heavy objects, consider this advice:

1. Wear comfortable, supportive, stable shoes – no higher than 1.5” heel height.
2. Bend at the knees, get a tight grip, and keep the load close to your body.
3. Use the “buddy” method and have someone help by sharing the task.
4. Consider carts or other devices that help reduce the burden of the load.
5. Carry the load between your shoulders and waist for less strain on your back.

In both situations, take frequent, short breaks to stretch hands, arms, shoulders, and legs!

For more tips and industry-specific guidelines, check out www.osha.gov using the keyword – ergonomics.

