

## 5 Factors for Desk Users A Simple Guide to your Workstation

There are a few simple things to check to make sure that your work station is properly organized.

1. Height of desk— the surface should be at waist height so your elbow and wrists rest at a natural horizontal. Your key board should be within easy reach so you are not reaching out. The wrist should be level so the hand is not lying higher than the wrist.
2. Screen height—The top of the screen should be level with your eyes, remember to adjust the screen for glare.
3. Alignment—Never sit at an angle to your desk, you should be facing it directly at right angles. There needs to be enough space under the desk so your legs are straight. Your legs should not be rubbing against the edge of the chair.
4. Chair—There are a myriad of designs of chairs and a whole range of theories supporting them. The basic principal is to have the seat level at the right height with a lumbar support that can be adjusted to your particular needs.
5. Posture— As you can see from the picture below for all these settings to work you should be with your shoulders erect and your neck positioned on your shoulders not slumping forwards.



### The Problem:

Unfortunately the nature of our eyes makes us draw our necks closer to the screen in order to focus. The more we focus on our on screen tasks the greater the tunnel vision, the worse the posture. This means that sitting at a desk for prolonged periods of time is not a good idea. Take regular breaks, try working in different positions. The body is designed to move so make sure that if you have a sedentary job that you get some exercise when your away from the desk.

If you spend a lot of time at a desk osteopathy maybe able to relieve your discomfort.

See Our Other Handouts including:

Osteopathic Strain Patterns  
Risk Factors for Low Back Pain  
How to Choose a Chair



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