

# **Computer Ergonomics**

**What does it mean?**

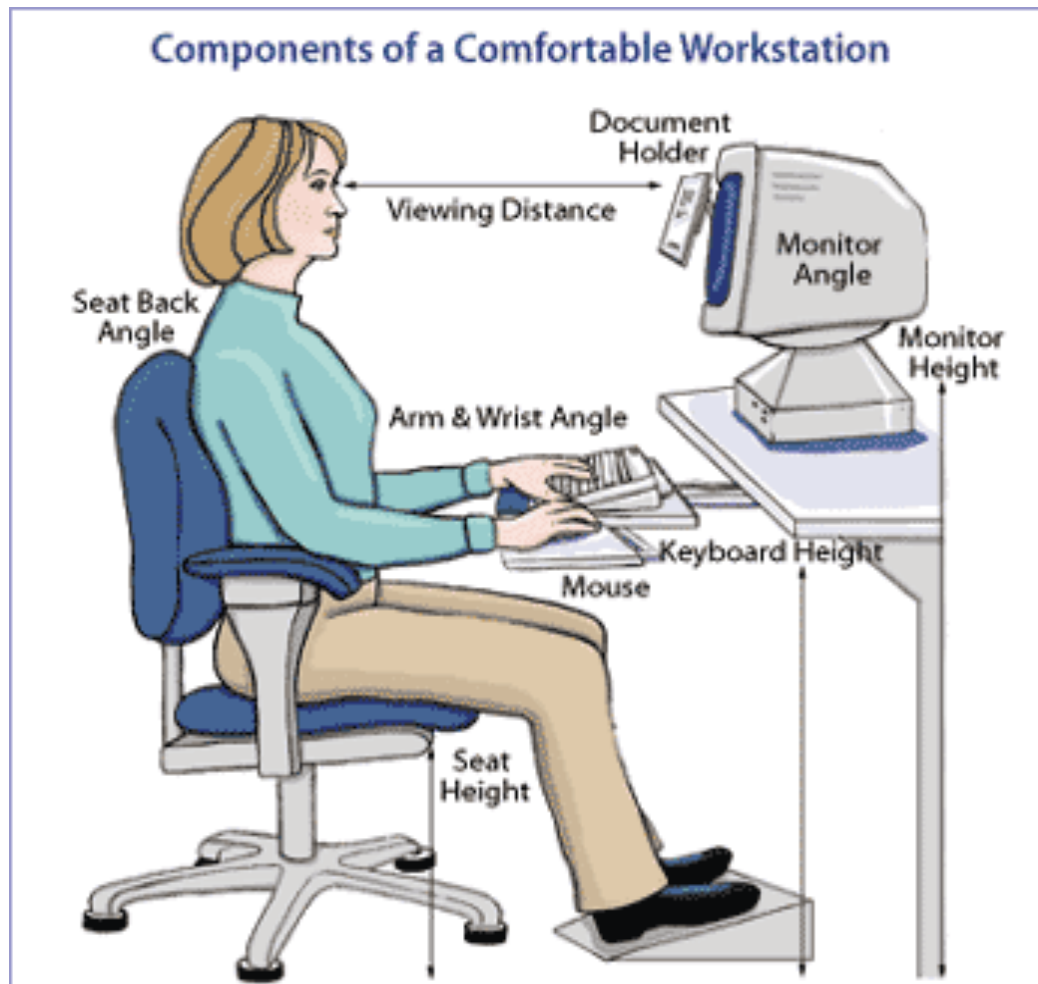
**Why is it important to your  
health?**

***Ergonomics:***  
**the practice**  
**of making a**  
**work space**  
**and working**  
**habits**  
**healthier for**  
**the body.**

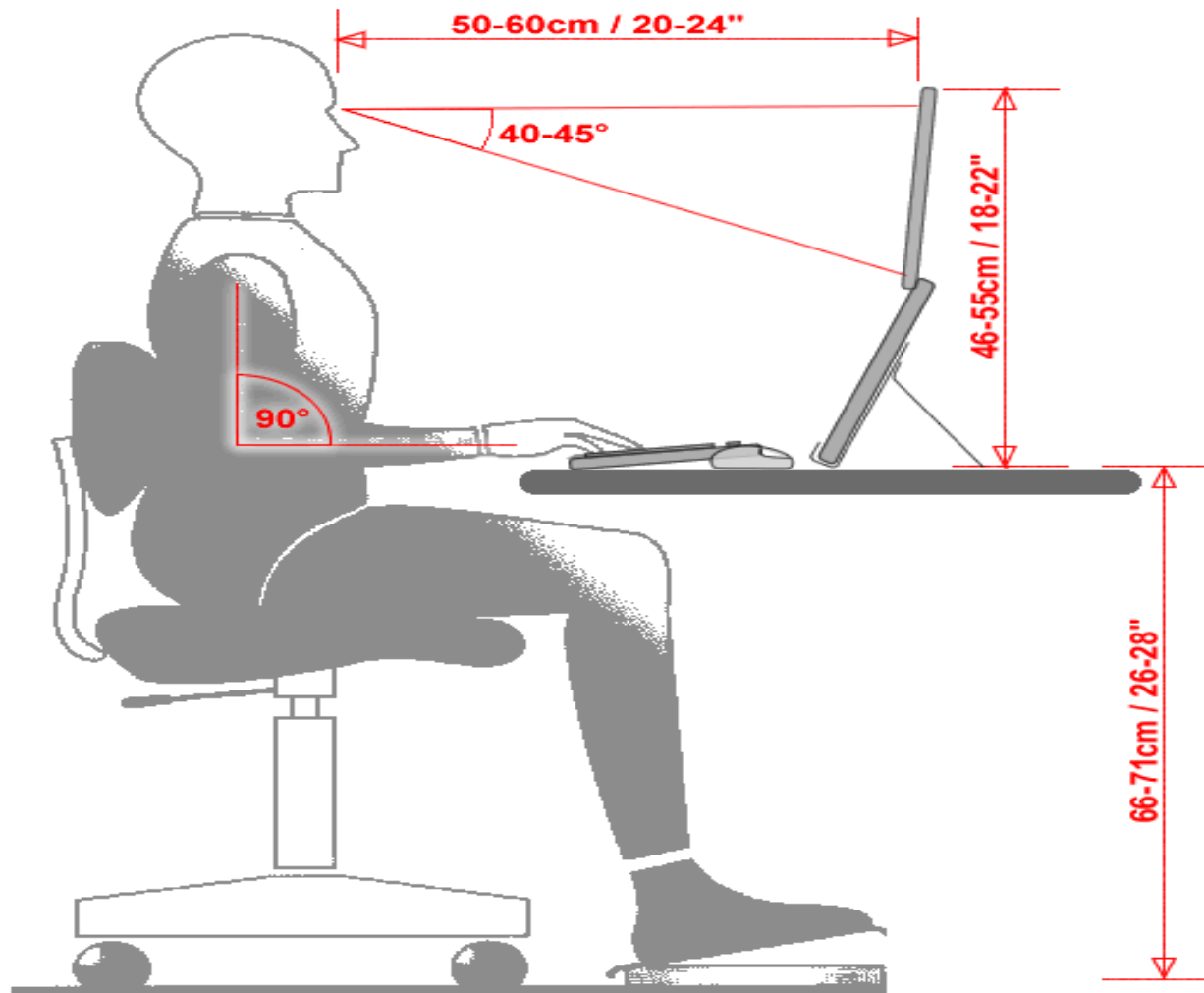
**This should prevent  
poor sitting posture  
and reduce wear  
and tear from  
repetitive use of  
hands and wrists.**



**This is not  
ergonomics!**



# Proper Ergonomics



**Be Aware of Angles and Distances**



# **Ergonomic Keyboard**



# **Ergonomic Ball Mouse**



**Over time  
poor  
ergonomics  
can lead to  
painful and  
chronic  
conditions.**



# **Shoulder and Neck Pain**



# **Wrist and Hand Pain**



# **Back Pain**



**Take Care of Your Spine**

**It is no fun  
to be in  
pain!**

**Protect your  
body!  
Make sure  
that you are  
always  
working  
ergonomically!**