OCCUPATIONAL SAFETY · ERGONOMICS

VITS

Computer workstation

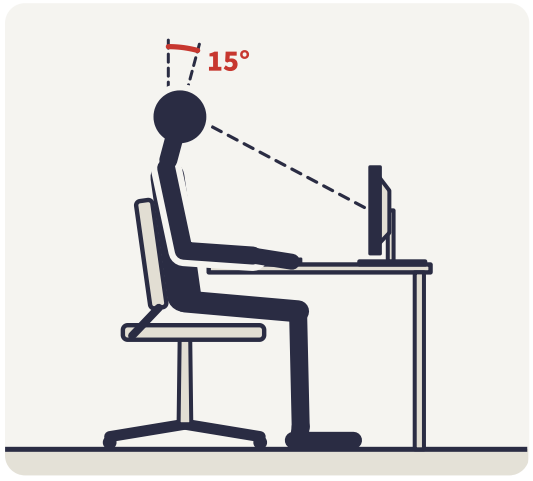
A screen too low or too high puts your neck in an awkward posture. **A head tilted 15° forward loads the neck with almost 12 kg.**

Possible consequences

- Neck pain
- Back pain
- Tension headache
- Eye strain
- Wrist strain
- Less able to work

SCREEN TOO LOW

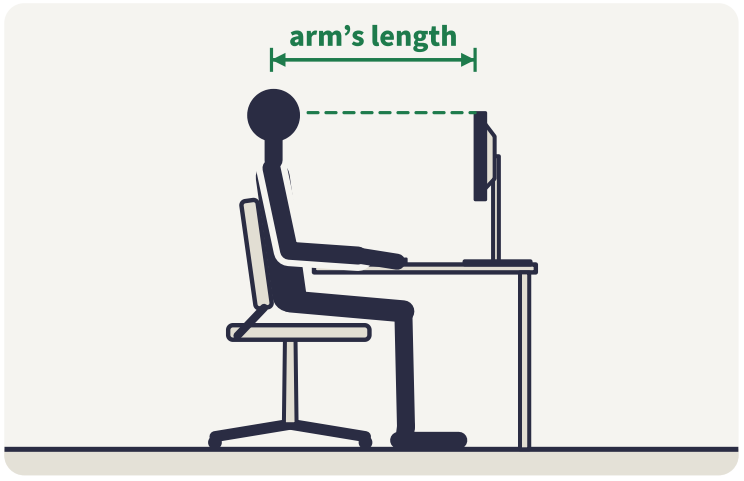
neck load **12 kg**



- Head tilted 15° forward
- Looking down
- Tense neck and shoulders

TOP EDGE AT EYE LEVEL

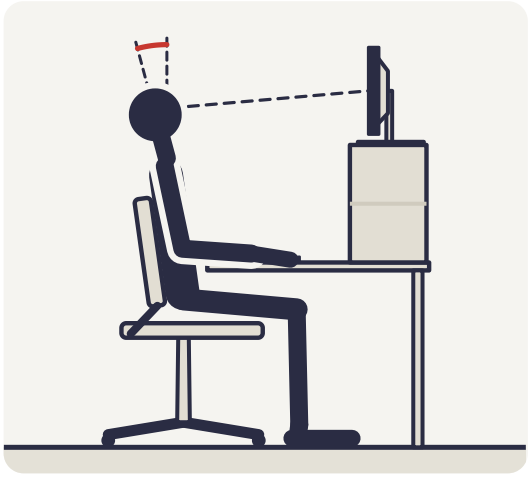
Neck straight



- Screen is at arm's length
- Forearms on desk, elbows at 90–110°
- Feet flat on floor, knees at 90°

SCREEN TOO HIGH

Chin raised



- Head tilted back
- Looking up
- Neck not straight

Screen work must be regularly interrupted by breaks or other work. The seat height and backrest position of the work chair must be adjustable.

DO

- **Set the top of the screen at eye level.**
- **Keep the screen at arm's length.**
- **Set the seat so your feet are flat on the floor.**
- **Use a footrest if your feet don't reach the floor.**
- **Set the desk and keyboard at elbow height.**
- **Rest your forearms on the desk or armrests.**
- **Set the backrest to support your lower back.**
- **Take a short break every hour.**

DON'T

- **Don't work on a laptop without a stand**
  A low screen tilts your head and strains your neck.
- **Don't place the screen in front of a window**
  Bright light in view dazzles and tires your eyes.
- **Don't hunch your shoulders**
  It strains your neck, shoulders and upper back.
- **Don't sit in one position for hours**
  Long periods in one position cause musculoskeletal disorders.
- **Don't keep boxes or shelves under desks**
  Your legs need room to change position.
- **Don't keep your wrists bent**
  This can lead to wrist overuse injury.
- **Don't save up your breaks**
  Breaks prevent eye strain and posture-related complaints.

REMEMBER

Right height. Straight neck. Hourly break.

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