

## Work Station Modifications

If you spend a lot of time at a computer, you can get a variety of pains as a result. When you spend hours in one position, your posture can make the difference in how you feel at the end of the day. If you often end your day with headaches, sore shoulders, sore neck, sore wrists, or pain in your back, try these work station modification tips. Adjust your work station to help get rid of a source of pain.

Raise your monitor screen up. Raise it so that the bottom of the monitor screen is at eye level.

Put your keyboard on an under desk, keyboard shelf. If you don't have one, get one, or put the keyboard on your lap. The goal is to have your shoulders hanging down while using the keyboard. When your keyboard is up on the desktop, you have to hold your arms and shoulders up to use the keyboard.

Trade in your mouse for a trackball. Use the trackball on an under desk, keyboard shelf, or on your lap. Once again, you want your shoulders hanging down, in a relaxed posture, while using your computer.

Take frequent breaks. Get in the habit of raising your head to look around. Put your neck through a full range of motion every few minutes. If you are working at the computer for long periods of time, get up every thirty minutes or so, to walk around. Even if all you do is get up, walk around your chair, and sit down, that is usually enough.

If you use a laptop, you've got a real challenge. When you are in your office, use a second monitor screen. Elevate that screen so the bottom is at eye level. When you are using the laptop away from your office, take frequent breaks.

Your chair is important. Most good quality office chairs can be adjusted for proper support for almost anybody. Make the adjustments needed to allow you to sit against the chair back, with good lumbar support. For people with certain back problems, a kneeling chair may be best. For others, it may be best to make a standing work station. You spend a significant portion of your life at your work station. Make your work station user friendly.