



OFFICE ERGONOMICS

Working on the computer for extended durations is increasingly becoming more common, and although awareness of ergonomics is improving, people are continuously exposed to ergonomic hazards. The risk for injury while working on the computer in an office environment remains. Without proper consideration of

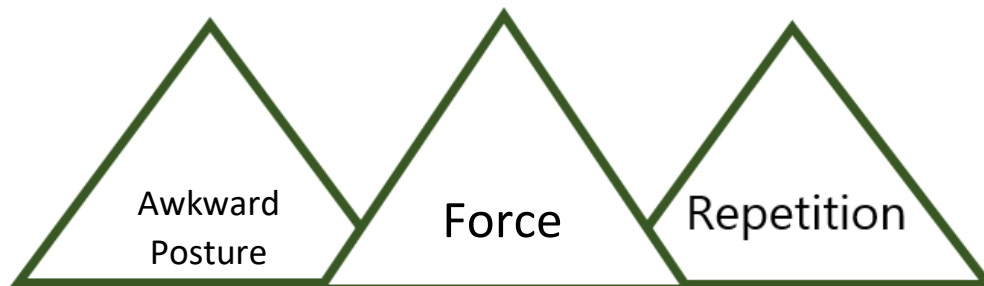


ergonomics, the likelihood of pain and discomfort will continue along with the increasing risk of developing musculoskeletal disorders (MSDs) including but not limited to carpal tunnel syndrome, muscle strain, tendon injuries, computer vision syndrome, and low back pain.

New challenges are arising because of the convenience of the laptop computer, tablet, cell phones, and other portable devices. Although these devices are readily available, extremely portable,

they present ergonomic challenges. Each of these devices does not place the user in ideal working postures and further increase the risk for fatigue, pain, discomfort and injury.

Aforementioned injuries take time to develop, and can be difficult to manage without the proper tools. It is important that you assess how the three major risk factors are impacting your work station. Identification of injury risk factor is crucial in preventing an ergonomics related injury.



The ergonomics website has a tremendous amount of information that can help. It is recommended that all computer users complete online or instructor led ergonomics training and/or have an ergonomic evaluation. All evaluation services and training are **free** to CSU faculty, staff and students.

Visit the ergonomics website for additional details!