

Computer ergonomics

Computer ergonomics is the science of working space organization to eliminate discomfort and increase productivity. Today, manufacturers of equipment and furniture take into account the parameters of ergonomics, which gives us the opportunity to use ergonomic keyboards, chairs and tables.

Basics of computer ergonomics

- ▶ **Armchair:** It is recommended to use a special office chair that allows you to adjust the position of the backrest and height. Your landing should be natural and comfortable. The legs should be on the floor, and the angle in the knee joint should be 90 degrees.
- ▶ **Keyboard:** the location of the keyboard on the table should be such that your hands are not hanging, and your wrists are kept straight and relaxed. You can also buy an ergonomic keyboard that has the optimal key layout for convenient operation.



Basics of computer ergonomics

- ▶ Mouse: the mouse should be located near the keyboard on the same level. This will allow you to comfortably control the cursor and eliminate the wrong position of the wrist.
- ▶ Monitor: the ideal distance from the monitor to your eyes is 40-50 centimeters. It should also be set at eye level or slightly lower. Ideally, the source of natural light should be located on the left side, it minimizes glare and reflections.
- ▶ Take breaks: it is important to take breaks when working at the computer. To avoid eye strain, you should periodically look away from the monitor. And it is better to get up and walk, warm up, so as not to stay in one position for a long time.

