Ergonomic workplace

Desk

- The table should be comfortable, suitable for you in height, it should have a place to place the computer, as well as a pull-out shelf for the keyboard. The table should not be too small, so that you can safely lay out the necessary things. Also, if you need a printer, document holder, or other devices, then you need a table where you can place it all.

Chair

- The chair must be adjustable and have an adjustable soft back, which repeats the natural curve of human back. It could have an armrests to ensure a comfortable hand position. If the chair is too tall, you may use a footrest, else if it is short, use a pillow on a seat. But the best idea – is to have a suitable chair.

Monitor

- A monitor has to be LCD technology to prevent influence of radiation, and it is much more comfortable for eyes. You can change the angle of display, brightness of it to achieve a clear image. Also you must select distance between your eyes and monitor as a length of your arm. If you use a laptop, put the display on special stand or a box or if it the original monitor, adjust it height to arrange it's display at the level of eyes.

Keyboard

- Put your keyboard on a special slot in your desk. It will help you to type comfortable. Your elbows will be at the armrests and it will be an angle of 90 degrees in your elbows. If you are using a laptop like a desktop, you must use an extra keyboard, which is much down than a laptop keyboard. Type with a two hands.

Mouse

- Your mouse have to be on a mousepad at the same level as a keyboard, and have a comfortable shape. For example the too big or small mouse makes your arms painful, if you work a lot at the computer. You can use special buttons on it to prevent unnecessary movements.

But ergonomic things are not enough…

● It doesn't matter how your workspace is ergonomic, if you often forget about your position. But, with this modern things you can make it so comfortable, that body will itself want to stay in the right position.