12 Months of Safety & Wellness
August: Office Ergonomics

Over 50 campus injuries per year are caused by improper setup & use of computer workstations.

- Keyboard & mouse at wrong height
- Monitor too high or too low
- Wrist rest on desk while typing or using mouse
- Awkward posture & awkward reaching
- Not taking frequent stretch breaks

Take Precautions:

- Review & apply ergonomic resources
- Complete the Computer Ergonomic Review Tool
- Take Ergonomics Computer & Office Training in UC Learning Center
- Request assistance from EH&S
- SOS Representatives: Post this flyer & complete the Hazard Assessments & Correction Tool which includes an Ergonomics section.

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