



# DURHAM HOUSE CHIROPRACTIC CLINIC

DR. GALIN CLEARY D.C, MSC, BSc (HONS)  
& ASSOCIATES



## WORKSTATION ERGONOMICS

### CHAIR SET UP

1. Seat height should be adjustable
  - Feet should be on the floor no higher than hips
2. Seat should be able to recline (95 to 105 degrees)
3. Seat pan should be tiltable
  - Tilt seat forward for desk work
  - Tilt seat backward for reclining work
4. Arm rests set to a position to properly support elbows
5. If the chair doesn't have a decent lumbar support place a small rolled up towel or cushion into the small of your back to help maintain a neutral position to your low back



Fig 1: Correct desk posture

### DESK/ COMPUTER SET UP

1. Centre of the monitor should be at nose level
2. Monitor should be directly in front of you so you don't need to turn to look at it.
3. No glare on monitor
4. Place mouse towards edge of desk to avoid overstretching
5. Desk/ keyboard should be at a height so that:
  - the wrists are not bent (a wrist rest can also be used)
  - elbows are at a 90 degree angle
  - shoulders are relaxed (not shrugged)
  - ⇒ If the desk is too low use a desk stand to raise it
  - ⇒ If the desk is too high raise chair and use a foot stand



Fig 2: Incorrect desk posture caused by faulty chair and desk set up.

### OTHER CONSIDERATIONS

1. Using a headset can reduce tension in the upper quarter brought on by excessive telephone use or holding telephone between ear and shoulder
  2. Re-arranging your workspace (e.g. monitor/ keyboard/ folders) so that you don't need to repeatedly turn your neck.
- Although these changes to your chair and seated position will help to reduce back stresses, holding any one posture for a prolonged period of time will still lead to increases stiffness and tension. Remember...

*"The best posture is one that is constantly changing"* (Prof. Stuart McGill, 2006)