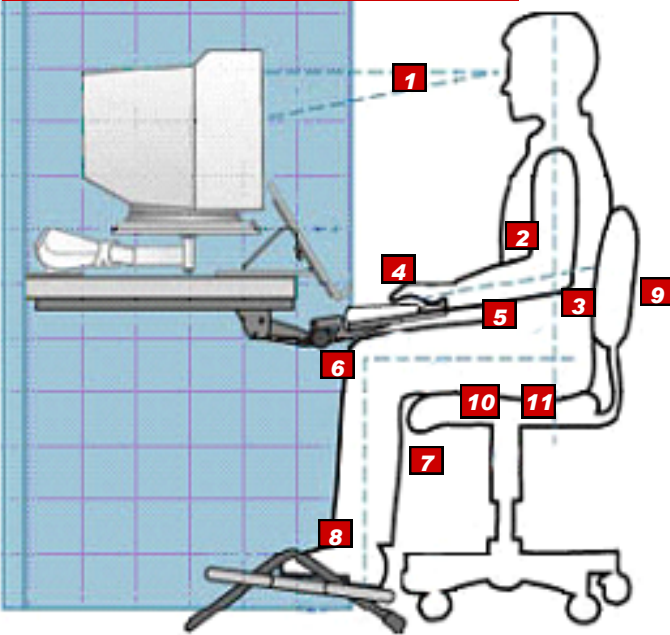


# Repetitive Stress Injury

Proper body positioning at each work station is extremely important to maintain good physical health. To ensure each individual's work station is ergonomically correct please check the following:

## Proper Work Station



1. ☐ Monitor screen is at eye level
2. ☐ Elbows rest at the side
3. ☐ Elbows are bent at a 90° angle
4. ☐ Wrists are in a neutral (straight) position
5. ☐ Wrists rest on a rounded tabletop edge
6. ☐ Knees are level or slightly lower than hips
7. ☐ Soft seat edge (by knees)
8. ☐ Feet rest on the floor or on a footrest
9. ☐ Low and middle back support is provided
10. ☐ Seat width 18"
11. ☐ Seat depth 15"-17" (make sure to sit all the way back in your chair)
12. ☐ Chair height (see chart on back)
13. ☐ Desk height (see chart on back)

Furthermore, a "lumbar roll" or "lumbar support" helps to further support your posture and can be used for pain. You can carry a lumbar support with you during the day to use in "unsupported" chairs in lecture halls, classrooms, etc.

### Proper desk/chair height relationship based on an individual's height

| If you are:    | Your tabletop surface should be: | Your chair seat should be: |
|----------------|----------------------------------|----------------------------|
| 4 ft 11 inches | 23 inches                        | 15 inches                  |
| 5 ft 4 inches  | 24 inches                        | 16 inches                  |
| 5 ft 6 inches  | 25 inches                        | 17 inches                  |
| 5 ft 9 inches  | 26 inches                        | 18 inches                  |
| 6 ft 2 inches  | 28 inches                        | 20 inches                  |

Is your computer putting you at risk of bodily injury?

In 1990, repetitive stress injury (RSI), accounted for 56% of reported work-related illnesses. While researchers are at a loss to explain why similar equipment causes injuries in some people and not in others, they have pin-pointed factors that make some more likely to develop RSI:

- Slender build.
- Being double-jointed.
- Being out of shape (weakened arm muscles).
- Prior injuries to hand or upper body.
- Underlying diseases, such as hyperthyroidism, which impedes muscle movement.
- Fibromyalgia, characterized by muscle inflammation and modules, or other chronic pain anywhere in the body.
- Incessant, fast typing, performed incorrectly.
- Stress.
- Long fingernails.
- Vision problems that make you strain to see the screen.

Sources: Emil Pascarelli, medical director of the Miller Health Care Institute in New York; research by staff writer Jan Gehorsam

If you are experiencing recurrent or chronic neck, back or joint pain, schedule an appointment to see your primary care physician. They may determine physical therapy is needed. It is much better to take care of pain and problems early and while still young to try to avoid future problems.