



Workplace ergonomics is about designing workspaces and tasks to fit workers, reducing strain and injury risks and to improve comfort, efficiency, and safety.



Keep upper back straight with shoulders relaxed at sides.

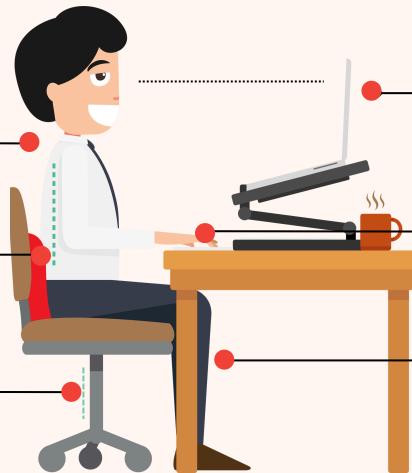
Sit up straight in chair to support pelvis and lower back.

Use adjustable seat for optimal height.

Neck strain

Back Pain

Incorrect Sitting Posture



Eye strain / Fatigue

Top of monitor at eye level or slightly below.

Carpal Tunnel Syndrome

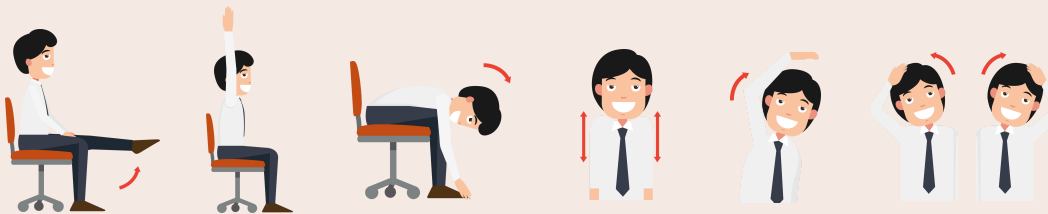
Arms relaxed at sides with upper arm and lower arm forming 90° angle. Wrists straight with fingers relaxed.

Poor Blood Circulation

Lower Legs are paralleled to thighs with adequate legroom above. Keep your feet flat on the ground or resting on a footrest.



Keep essential items within easy reach to avoid unnecessary twisting or straining



Incorporate simple stretching into your routine to reduce stiffness and support better posture



Avoid 'shrimping' while working
Maintain a straight back to avoid pain and injury



Avoid lifting with a bent back
Bend your knees to protect your spine

Avoid hunching over your phone or tablet
Keep it at eye level to avoid neck strain



Avoid using screen in dark room
Always keep soft light on to reduce eye strain.

