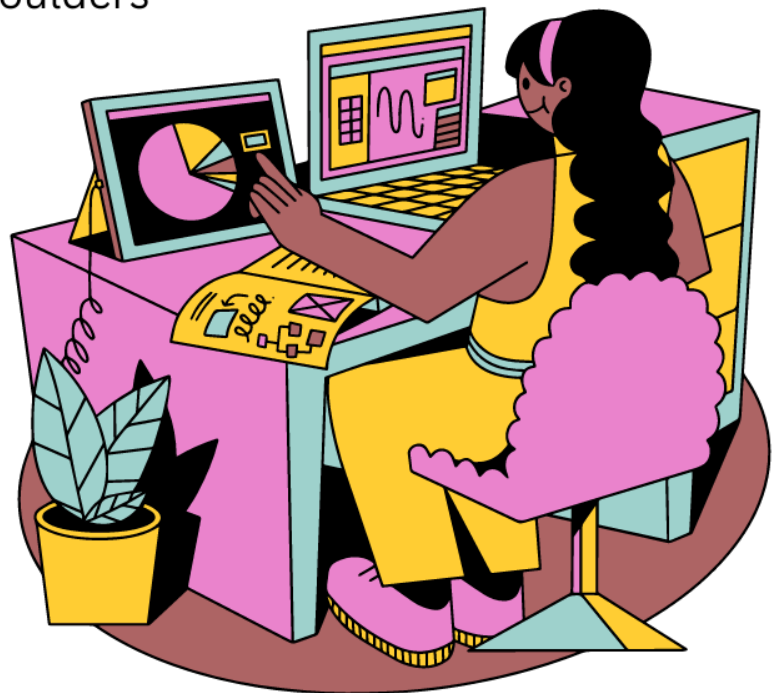


Eyes are level with the top of the screen

Neck is straight, shoulders relaxed

The monitor or laptop is placed directly in front at about arms-length

Pick a chair that has a good back support and a flat comfortable seat



Feet are flat on the floor or on a footrest

It is essential to have a good ergonomic set up whilst studying or doing homework. A poor set up is often associated with neck pain, back pain, shoulder pain and headaches.

When setting up your ergonomic workspace consider these tips:

- The chair should be adjustable in height and have a backrest that provides adequate support for the lower back.
- The desk should also be adjustable in height so that you can sit comfortably with elbows bent at a 90-degree angle and wrists slightly extended.
- The lighting should be bright enough to reduce eye strain but not so bright that it causes glare or reflections.
- The monitor is to be positioned directly in front of you. Eyes should be level with the top of the screen.
- The height of the keyboard, mouse and work surface are below elbow height.
- Frequently used items to be located within the usual work area.
- A sloped desk surface for reading and writing tasks if required.

Despite a good set up it is still important to stretch and take breaks. The Australian Physiotherapy Association suggests to move around for at least 1 minute every half hour.

Some exercises that are easy to perform in an office environment include:

- Squeezing your shoulder blades together
- Shoulder rolls
- Standing and extending backwards
- Stretching the forearms and neck gently
- Calf raises

An ergonomic space and set up is essential to promote good posture and reduce the risk of a number of physical problems.