

Pushing for better workplace ergonomics: Safety Tips for avoiding pain in your neck



By Chris Loomis, Safety Expert

Just for a point of reference, these tips are to help you avoid pains in your neck, not pains in the neck. We just can't help you with Doug from accounting. Ergonomics is the study of workplace design, the best way of placing and using the tools that we use every day to avoid strain and pain.



Because the majority of workplace accidents and time lost from work are caused by strains, it is one of the most important considerations that management can take to protect the workers and their bottom line. A few simple adjustments can save a twisted neck, eye strain and general discomfort from becoming a problem.

For instance:

- When adjusting your chair, make sure that you are able to reach your desk comfortably and that your feet are touching the ground. Your back should feel supported and you should not feel any strain when sitting there. The edge of the chair should stop right before the knee bend. For some people, there will have to be adjustments made beyond the capacity of the chair, for instance a very short person may need a stool or a small box under the desk for their feet.
- Your desk should have about two to three inches of clearance space to allow leg movement.
- Your computer monitor should sit about 18-30 inches away from you to avoid eyestrain and the top of the monitor should sit just below eye level. Do not elevate or lower the monitor at odd angles or you will end up with a stiff, sore neck and frequent headaches.
- Make sure that you are supporting your wrists and try to keep them as neutral as possible while typing. Take frequent breaks and roll your wrists, stretch your hands and wriggle your fingers. Investigate some yoga techniques to keep your hands and wrists flexible.

Safety is an attitude that begins in our thoughts. We can create an accident free work environment at work and at home if we believe we can and are committed to the process.

Chris has more than 20 years of professional safety experience. As the marketing manager for DuPont's environmental and safety services, he has seen first-hand the safety challenges faced by plant personnel while working with more than 600 chemical, petrochemical, and manufacturing facilities. Chris is an award-winning international safety speaker and author.

**For more information or to book your next safety speaker, please visit
<http://www.safetyattitude.com> or call Chris Loomis at 713-927-6592.**