Office Ergonomics—Wrist Position

An ergonomic design in office settings has become increasingly important, particularly because of the increased use of computers. Employees can do so much work with a computer; as such, they end up staying in the same position for long periods of time. Good furniture and posture thus become more important than ever.

• **DO** – sit close to work; maintain good sitting posture; sit in a chair low enough to place both feet on the floor.

• **DON'T** – slump; sit for long periods of time (more than 30 minutes) without getting up.

- Wrists are more likely to be relaxed if the forearms are angled slightly downward
- Elbows should be at the sides of the body
- Fingers should just reach the keyboard comfortably to minimize sideways bending of the wrists
- Sharp edges of desks should not press against the wrists
- Palms should be off the keyboard

- Hands should not bend up or down
- During continuous keyboarding, a 10 minute break each hour is recommended