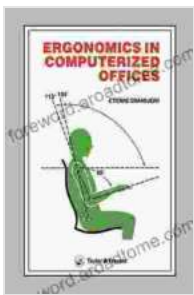


Ergonomics In Computerized Offices: The Ultimate Guide to Workplace Comfort and Productivity

If you work in a computerized office, you know that spending long hours in front of a computer can take a toll on your body. Eyestrain, back pain, and repetitive stress injuries are common problems for office workers. But it doesn't have to be this way.



Ergonomics In Computerized Offices by E. Grandjean

★★★★☆ 4 out of 5

Language : English

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Screen Reader : Supported

Print length : 248 pages



Ergonomics is the science of designing workplaces to fit the human body. By following ergonomic principles, you can create a workspace that is comfortable and productive.

The Benefits of Ergonomics

There are many benefits to creating an ergonomic workspace, including:

- Reduced pain and discomfort
- Improved productivity

- Reduced risk of repetitive stress injuries
- Increased job satisfaction

How to Create an Ergonomic Workspace

Creating an ergonomic workspace is not difficult. Here are a few tips to get you started:

- **Choose the right chair.** Your chair should be adjustable so that you can find a comfortable position. Make sure the chair has good lumbar support and that your feet can rest flat on the floor.
- **Position your monitor correctly.** Your monitor should be at eye level and about an arm's length away from your face. Tilt the monitor slightly so that the top of the screen is angled towards you.
- **Use a keyboard and mouse that fit your hands.** Your keyboard and mouse should be positioned so that your wrists are in a neutral position. Avoid using keyboards or mice that are too small or too large for your hands.
- **Take breaks.** It is important to take breaks throughout the day to move around and stretch. Get up and walk around every 20-30 minutes, and take a longer break every hour or so.

Ergonomics In Computerized Offices by Grandjean

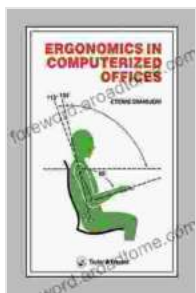
Ergonomics In Computerized Offices is the definitive guide to creating a comfortable and productive workspace. This comprehensive resource covers everything from choosing the right chair to positioning your monitor correctly. With over 500 pages of information, Ergonomics In Computerized Offices is the most complete and up-to-date book on the subject.

Whether you are a new office worker or a seasoned professional, Ergonomics In Computerized Offices can help you create a workspace that is both comfortable and productive.

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