



Computers are now being used by many people in their homes. Poor postures when using your home PC may lead to discomfort. The information in this leaflet will help you to set-up your PC at home and prevent aches and pains.

You will need a screen, keyboard and mouse with your PC. Your desk or table should be large enough to accommodate this equipment comfortably.



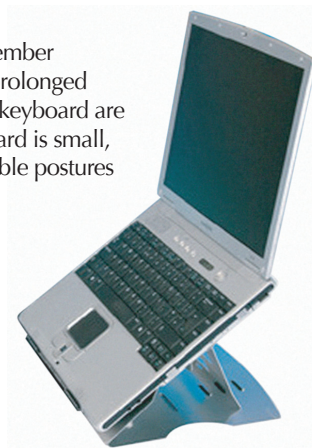
First select your **chair**. A kitchen / dining room chair is not suitable. Choose an adjustable height chair with adjustable armrests, or no armrests at all.

- Sit well back into the chair so your lower back is supported.
- Adjust your seat height so your shoulders are relaxed and your elbows are at a right angle when you are typing. A footrest may be needed for smaller people and children.
- The screen should be directly in front of you, about an arm's length away, and adjust the height and angle of the screen to facilitate a comfortable neck position. Avoid a position that causes glare on the screen.
- The keyboard and mouse should be in front of the screen, beside each other, and keep your arm supported when using your mouse.



If you are using a **laptop** remember laptops are **not** intended for prolonged use. Because the screen and keyboard are fixed together, and the keyboard is small, this could lead to uncomfortable postures over time.

- Use a laptop stand with an external keyboard and mouse - These devices are reasonably priced and are readily available in most computer shops.
- When carrying your laptop, use a backpack or a wheeled trolley.



Take Breaks

It is best to take breaks from your screen before fatigue sets in – short frequent breaks are best.

- Vary your position, stand up and stretch, at least every hour.
- Look away from the screen frequently.
- Listen to your body and pace yourself.

This will help reduce muscle tension, and allow time to rest your eyes.

