



**Figure 10-2** Workstation ergonomics

Ergonomic Problem	Possible Solutions
Back or neck muscle pain or numbness	<ul style="list-style-type: none"> <li>● Replace office chair with one that is adjustable.</li> <li>● Adjust keyboard height.</li> <li>● Install adjustable keyboard shelf.</li> <li>● Take frequent breaks and perform exercises to reduce repetitive motion and stress.</li> </ul>
Leg pain or numbness	<ul style="list-style-type: none"> <li>● Replace office chair with ergonomic model.</li> <li>● Place footrest on floor.</li> </ul>
Eyestrain and headaches	<ul style="list-style-type: none"> <li>● Reorient computer to reduce screen glare.</li> <li>● Reduce office lighting.</li> <li>● Install display screen antiglare filter.</li> <li>● Check eyeglasses for proper fit and prescription.</li> <li>● Replace display screen with larger size and better resolution.</li> <li>● Take frequent breaks and perform exercises to reduce stress.</li> </ul>

**Table 10-1** Ergonomic problems and solutions (*continues*)

(continued)

---

<b>Ergonomic Problem</b>	<b>Possible Solutions</b>
Wrist and finger pain or numbness; carpal tunnel syndrome	<ul style="list-style-type: none"><li data-bbox="878 273 1483 332">● Adjust keyboard height.</li><li data-bbox="878 381 1684 440">● Install adjustable keyboard shelf.</li><li data-bbox="878 488 1509 548">● Use keyboard wrist rest.</li><li data-bbox="878 596 2436 733">● Take frequent breaks and perform exercises to reduce stress and repetitive motion strain.</li></ul>

---

**Table 10-1**

Ergonomic problems and solutions