

Office Ergonomics Videos



Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

Adjusting Your Chair

Mouse & Keyboard

Monitor Placement

Headsets

Stretches for Office Workers

Lighting

(Source: <https://www.safeatworkca.com/videos/office-ergonomics/>)