Use these ergonomic tips to reduce your risk for injuries such as tendinitis, carpal tunnel syndrome, and back strain. If you have recurring discomfort that you think may be work related, let your employer know and obtain a medical evaluation from a physician who specializes in work-related health conditions. Your employer also may request a consultation with an ergonomist to help you set up your workstation, eliminate discomfort, and educate you about healthy work habits.

**SETTING UP YOUR WORKSTATION**

- Personalize your set-up so it works for your body
- Position work items according to frequency of use
- Place objects in your reach zone
- If you move, set up your new workstation for your comfort

**CHAIR**

- Rest your feet on the floor or a footrest
- Seat height should allow elbows to be at keyboard height
- There should be a 1”-2” space between seat cushion and knees
- Chair back should support your lower back, with curve of backrest at lumbar spine
- Lower armrests so you can move your arms freely and not lean on the armrests while typing or using a mouse
If you already experience discomfort while at your workstation, such as arm soreness, throbbing and fatigue, or tingling in your fingers, let your employer know and then arrange to see a physician specializing in work-related injuries. The medical team at the Mount Sinai Selikoff Centers for Occupational Health supports the full spectrum of workers' health needs. Ergonomic consultations, including worksite assessments and education programs, are available with a certified ergonomist.

For more information, please visit www.mountsinai.org/selikoff or call 888.702.0630.

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