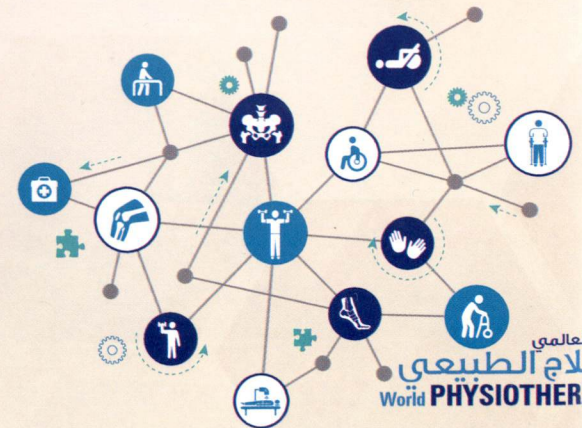




إحدى شركات مؤسسة البترول الكويتية
A Subsidiary of Kuwait Petroleum Corporation

COMPUTER ERGONOMICS



العالمي
إلاج الطبيعي
World PHYSIOTHERAPY



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A Subsidiary of Kuwait Petroleum Corporation

AHMADI HOSPITAL
Physiotherapy Department

▶ COMPUTER ERGONOMICS

Sitting with proper posture, along with periodic breaks to stretch and walk, will help promote physical well being

▶ BODY POSITIONING

HEAD:

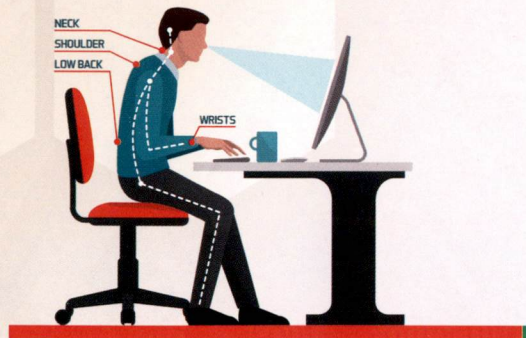
Level, balanced, generally in line with torso, eyes 50-60 cm to middle of screen

UPPER BODY

Shoulders relaxed, upper arms loose, elbows close to body, bent 90-120 degrees

LOWER BODY

Lumber spine protected (sitting, leaning back) hips balanced, supported on padded cushion



WRONG SITTING POSTURE

LEGS

Thighs supported, generally parallel to the floor, knees loose, bent 90-110 degrees

FEET

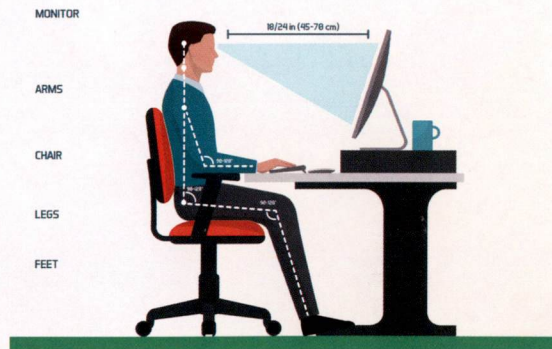
Flat on floor or floor-rest, slightly in front of knees

▶ HAND AND WRIST POSITIONING

Straight, in-line and roughly parallel to the floor

▶ KEYBOARD AND MOUSE POSITIONING

Keyboard directly in front of you and pointer/mouse close to keyboard; avoid reaching for either. Use document holder if necessary.



CORRECT SITTING POSITION



CORRECT STANDING POSITION