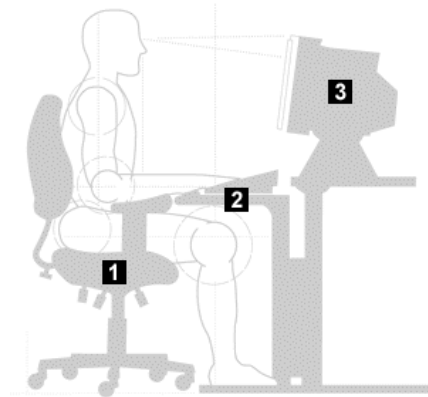




The Chasen Group
Ergonomics Programs that Fit

“From the Ground Up” ERGONOMICS

1. Start with your chair. Position your hips slightly higher than your knees.
2. Position your keyboard so your wrists are at, or slightly below, your seated elbow height.
3. Position your monitor so your horizontal line-of-sight meets the screen 1/3rd of the way down from the top. (*a bit higher than shown*)



WRIST ANGLES TO AVOID OR REDUCE

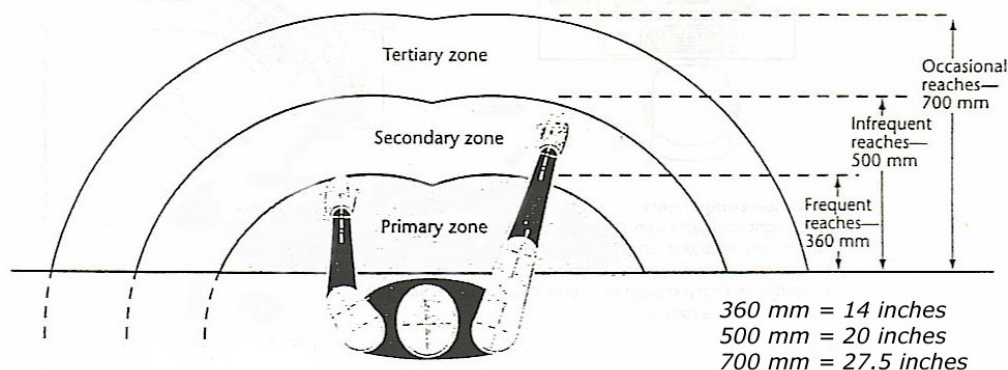
WRIST EXTENSION



ULNAR DEVIATION



OPTIMAL REACH ZONES - “THE CLOSER, THE BETTER”



A comprehensive online listing of **keystroke alternatives** to mouse clicks:

<http://www.chasengroup.com> go to the [Training](#) page and click on the **pdf** link shown below:

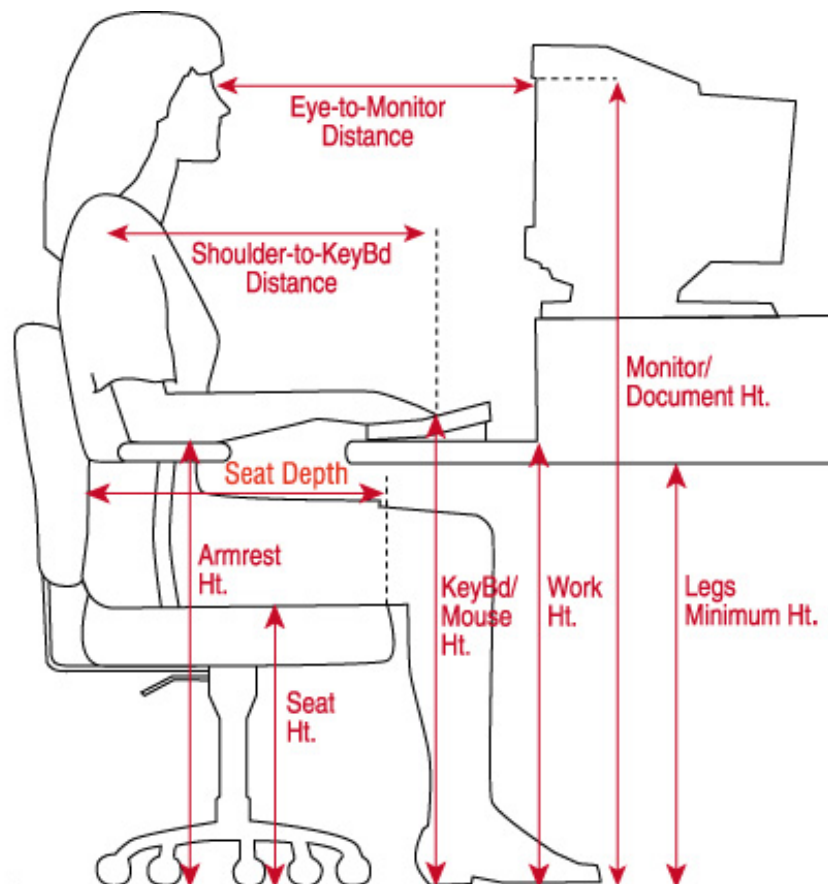


A comprehensive list of keystroke combinations that replace mouse motions.

[Mouse alternatives.pdf](#)

More Specifics on Optimal Workstation Configuration

- 1. Adjust your chair:** Your hips should be slightly higher than your knee height
Adjust the backrest so that it aligns with you spinal curves
Lock the backrest in an upright position
- 2. Keyboard and mouse:** Wrists should be at, or slightly below, your seated elbow height.
- 3. Monitor position:** Your horizontal line of sight should meet the screen in the upper 1/3rd
Bring the screen toward you to prevent leaning – about “arms length”
- 4. Reference documents:** Try to position them between your monitor and your keyboard
- 5. Phone:** Keep phone close to avoid a reach, don't cradle receiver in shoulder



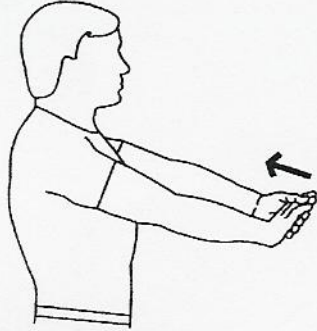
Craig CHASEN

Craig Chasen, CEES

If you are interested in an Ergonomic Evaluation, contact:

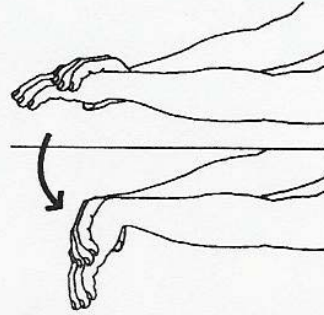
Craig Chasen, The Chasen Group 303 437-0505 craig@chasengroup.com

DESK STRETCHES



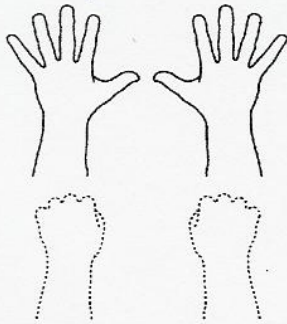
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 4 Repetitions,
twice a day.



- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 4 Repetitions,
twice a day.



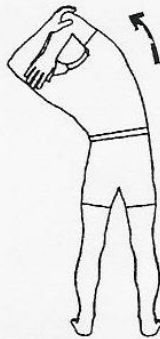
- Hold hands in front.
- Begin with fingers straight and spread apart.
- Close hands into a fist.
- Open and spread fingers.
- Repeat.

Perform 3 sets of 10 Repetitions,
once a day.



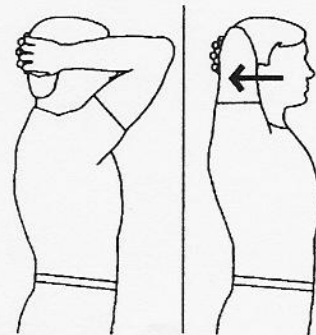
- Interlock fingers of both hands together.
- Raise arms overhead, palms upward.
- Hold and repeat.

Perform 1 set of 4 Repetitions,
twice a day.



- Raise right arm overhead behind head, holding with left arm.
- Bend knees slightly to provide better balance.
- Pull arm as you bend trunk to left.
- Repeat with other side.

Perform 1 set of 4 Repetitions,
twice a day.



- Stand or sit, with hands clasped behind head.
- Squeeze shoulder blades together, and relax.

Perform 3 sets of 10 Repetitions,
once a day.



Workrave

A great **FREE** program for break reminders

<http://www.workrave.com>