

Ergonomics

Applied Science Devoted to Incorporate Comfort, Efficiency, and Safety Into the Design of Items in the Workplace.

Studies Have Shown That Using the Correct Type and Configuration of Chair, Keyboard, Monitor, and Work Surface Will Help You Work Comfortably and Efficiently, and Help Protect Your Health.

Ergonomics

Chair

Adjustable

Work Station

Adjustable

Display Screen

17 Minimum Over 19" Preferred

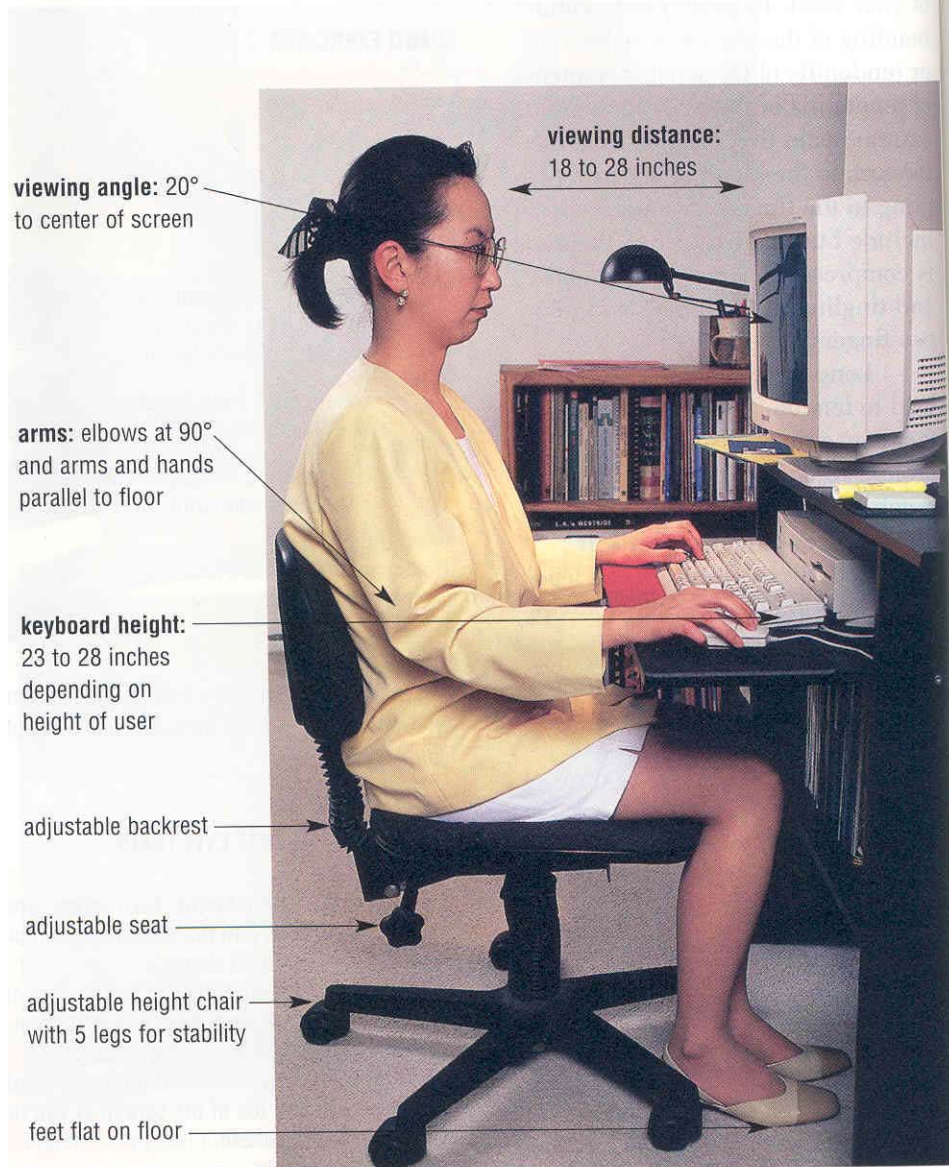


Figure 11-43 A well-designed work area should be flexible to allow adjustments to the height and build of different individuals. Good lighting and air quality also are important considerations.

Ergonomic Work Station

