

Title:

Ergonomics ~ your desk setup is important to your well being

Word Count:

329

Summary:

Your computer desk, it might not look like much, but if you work with your computer a lot, it

Keywords:

computers, ergonomics, desks

Article Body:

Your computer desk, it might not look like much, but if you work with your computer a lot, it

Ergonomics, also known as human factors, is the science of how we interact with things like co

So what could happen? Consider, for example, having a chair or a desk that is the wrong height

The most common ergonomics-related injuries are caused by mice (the computer kind, of course).

Basically, if you're not comfortable using your computer, you're not moaning or being awkward

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