

Title:

Creating An Ergonomic Office Space With The Right Furniture

Word Count:

869

Summary:

The most natural position that the human body can assume is when it is standing up. When the b

Keywords:

office furniture

Article Body:

Today's modern world requires most of us to spend most of our time sitting down in front of ou

Ergonomics is the application of scientific and technological principles where objects and sys

To create an ergonomic work space with the use of ergonomic office furniture, we should take i

The Computer Monitor

When you position your computer monitor on your desk, you have to take note of the fact that y

The ergonomic way of doing it is to place your computer monitor as far away from you as possib

To minimize eyestrain, the angle of your head should be at a 15-degree down angle from the cen

The Lighting

Proper lighting is essential in creating an ergonomic workspace. Too much light can create gl

The lighting in an ergonomic workspace should only be moderately bright. What we mean by this

Also, the lighting in a room should be at a right angle with the monitor in order to reduce th

The Keyboard and the Mouse

How you hold your wrists and arms as you type on your keyboard and as you click on your mouse

To accomplish this, use a desk with an adjustable tray for your keyboard and mouse. The tray

Moreover, when you are typing, lift your wrists instead of letting them rest on your wrist res

The Chair

Your chair is probably the most important element that you should consider when you are creati

Your ergonomic chair should be something that is adjustable so that its height will allow your

Following the principles of ergonomics and using ergonomic office furniture in your workspace

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