

ERGONOMY QUIZ

➤ ANSWERS

1. LIGHTING:



- My screen is perpendicular to the window.
- I dim the lights in order to relax and to better see my screen.
- I make the most of natural lighting.
- I use blinds or a sun screen if the sunlight is too bright.

2. SEATING:



- The tips of my toes touch the floor when I am seated.
- I use a chair which is adjusted to my height.
- My knees are at a 90° angle when I am sitting with my feet firmly placed on the floor or footrest.
- I feel the chair pressing against the back of my knees.

3. MY BACK:



- I use a stool as a seat in order to strengthen my back.
- I have a dynamic backrest which adjusts to my movements and allows me to relax.
- A backrest should primarily offer upper back support.
- I sit directly facing the keyboard and screen.

MY ARMS:



- My shoulders are relaxed, my elbows bent at $\geq 90^\circ$, my forearms resting on the armrests or desk.
- I bend my wrists back when I type.
- My armrests can be useless if not adjustable in height.
- My mouse is placed just to the side of my keyboard.

4. THE SCREEN:



- My screen faces the window.
- The top of my screen is 5-10cm higher than my eye level.
- I leave a distance of 60-90cm between my eyes and the screen.
- If I work more than 2hrs a day on a laptop, I use a separate screen or keyboard.

5. FURTHER ADVICE:



- I work > 2hrs/day on my computer and suffer from chronic back or upper limb pains; I should see a doctor.
- I avoid moving too much as this could trigger aches and pains.
- I have doubts regarding my workstation layout; I can contact the ergonomist or CERN's medical service.
- I regularly take short breaks.