

# The Importance of Positioning Your Technology

Whether at a desk or in a wheelchair, bed or chair etc, making sure that your IT devices are positioned correctly is just as important as setting them up correctly.

Not only does mounting monitors etc. save space, but it also helps protect your body by reducing strain on your back, neck and eyes. Win win situation!

If you're someone who spends a lot of time in front of a computer, the positioning of your monitor, mouse and even you, yourself is crucial in ensuring comfort for long periods of time.

Common injuries/conditions due to incorrect mounting and positioning can include:

- Headaches
- Eyestrain
- Tendonitis
- Repetitive Strain Injury
- Carpal Tunnel
- Thoracic Outlet Syndrome

Adapt-IT can provide a variety of mounting solutions to help combat these injuries!

## **Bruegger's Postural Relief Exercise**

1. Sit at the edge of a chair.
2. Spread your legs apart slightly.
3. Turn your toes out slightly.
4. Rest your weight on your legs/feet & relax your abdominal muscles.
5. Tilt your pelvis forward (ie. arch your lower back) while lifting your chest up.
6. Rotate your arms outward while turning your palms up.
7. Hold your head high in the air, with a slight arch in the neck.

There are several ways to improve your desk ergonomics and comfort, and most are very simple adjustments!

Your monitor should be slightly below eye level and straight ahead, not to one side. It should be about arm's length away from your face so you can easily read the screen, not leaning your head forward, which puts strain on your neck.

To protect your eyes, reduce the glare from the monitor's screen by turning off overhead lights or closing the window blind. Glare screens are also available.

Make sure your keyboard and mouse are at elbow height by adjusting your chair or desk to ensure your shoulders are relaxed. Aligning the most used part of your keyboard to the centre of your body and using a wrist rest is also important as improper placement puts additional pressure on the nerves in your wrists.

Besides keyboard, mouse and monitor positioning, posture support is also important in ensuring comfort and protecting your body. Ergonomic chairs are not only comfy but also promote proper posture and proper hip/pelvis alignment.