

What's wrong with this photo?



Lets look out for each other

Most of us spend hours at our desk every day.

Bad habits and incorrect posture can lead to short-term pains and aches that can turn into long-term injuries.

Remember

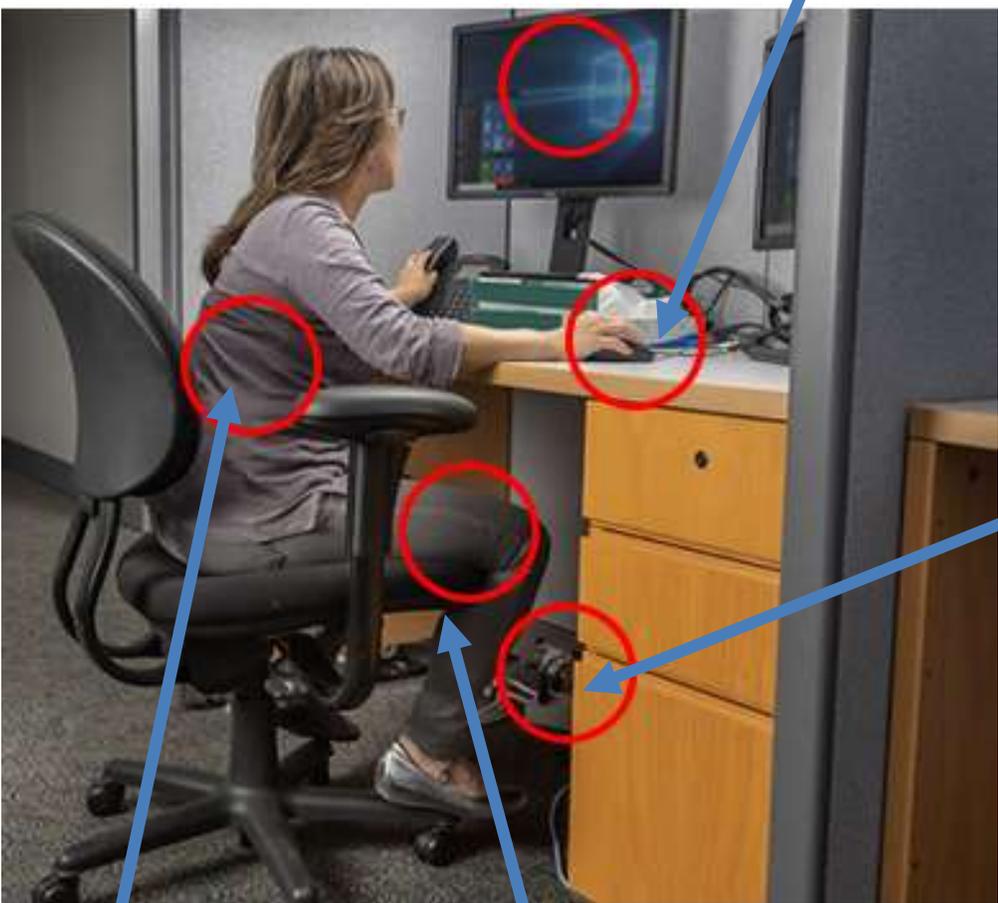
- Keep good posture whilst working at the workstation
- Ensure that your back is fully supported by the chair
- Ensure that stretch and break opportunities are taken
- Seek support for any discomfort – earlier the better
- Review your workstation set up on a regular basis



Think Safe, Work Safe, Stay Safe - Go Home Healthy

- The worker's neck is extended because the monitor is too high.
- The worker will have excess neck rotation because the monitor's are too far apart.
- The monitor is unstable, as it's stacked on paper.

- There is contact pressure from the edge of the desk and her forearm - this is because the desk is too high and the chair is too low.
- She is showing wrist extension while using the mouse.



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- She is twisting to reach the phone (side flexion of the back) because the phone is too far away.
- She is slouched.
- The seat depth is too long. She can't sit back in the chair to use the backrest

- There is contact stress behind the knee from hyperflexion in knees caused by placing her feet on the rungs of the chair.
- There is no support for the feet - no footrest is available.