Office Ergonomics: Adjusting Your Chair Video



When setting up your workstation, start with the chair.

The right chair provides the needed support to your back, legs, arms, and other parts of the body. This provides a comfortable working environment and helps ward off injuries such as neck and back pain. When selecting a chair it’s best to try out a few models before making a final decision.

Setting up the height and other features of your chair sets the stage for the other workplace components including how to position the monitor, mouse, and keyboard.

Watch our video for tips on setting up the office chair once you’ve settled on the one you want.

Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

(Source: https://www.safeatworkca.com/videos/office-ergonomics-adjusting-your-chair-video/)