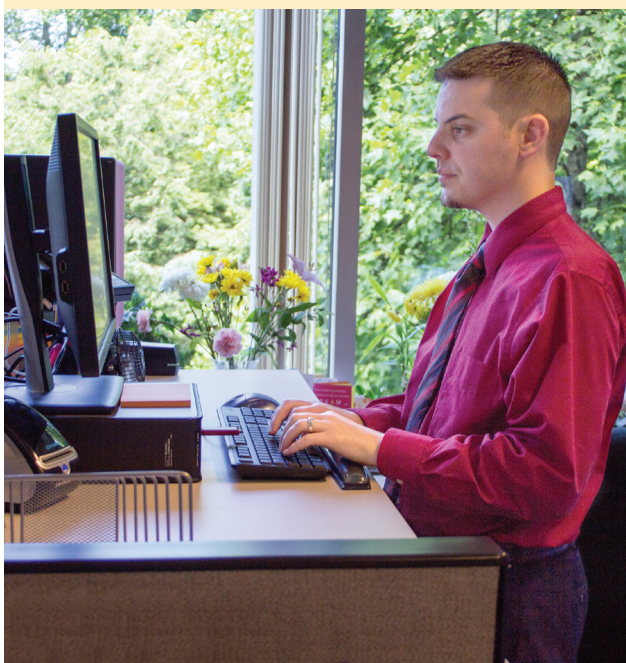


Office Ergonomics:

Computer Workstation and Mobile Computing



Office work can be relatively tame when compared to other types of work, but a closer look reveals everyday hazards that can cause serious harm to workers.



Washington State Department of
Labor & Industries

Computer Workstation and Mobile Computing, www.Lni.wa.gov/ComputerErgo, is an interactive online course that guides you through the steps to adjust your computer workstation or mobile device to fit you. It will increase your comfort and productivity and reduce your risk for injury.

Topics include:

- Computer Workstation — Adjusting your chair, workstation layout, keyboard and mouse placement, and monitor and document placement.
- Mobile Computing — Using laptops and other portable devices in the office, at home and while traveling.

Use this checklist to evaluate what is needed at a computer workstation, www.Lni.wa.gov/IPUB/417-274-000.pdf.

For more information, visit:

Office Safety

www.Lni.wa.gov/Safety/Topics/AToZ/OfficeSafety/default.asp

For questions, email: Ergonomics@Lni.wa.gov

Division of Occupational Safety and Health



www.Lni.wa.gov/Safety



1-800-423-7233

Upon request, foreign language support and formats for persons with disabilities are available.

Call 1-800-547-8367. TDD users, call 360-902-5797.

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