

## WHS Corporate Office Ergonomics

Welcome to PeopleiN! As you settle in at your new desk, please take the time to setup your workspace to ensure correct ergonomics preventing any unnecessary pain or discomfort in your working day.

Should you have any questions or concerns, please speak to any of the WHS team members or email us at [safety@peoplein.com.au](mailto:safety@peoplein.com.au).

# Guide to an Ergonomic Workspace Setup

### Screen position

Optimizing screen position **can help prevent neck pain and eye strain.**

- The top of the monitor or laptop screen should be at eye level.
- Screens should be about an arm's length away.

### Workspace surface

By avoiding overreaching and contact stress, this positioning **can minimize shoulder pain and wrist pain.**

- The external keyboard and mouse should be within close reach.
- The table or desk should have enough room to rest forearms on the surface without raising shoulders or allowing soft tissue to dig into the surface's edge.

### Chair and foot support

Sitting in this position with adequate support **can help prevent to avoid back pain and shoulder pain.**

- The chair should be at a height where you can rest your feet flat on the floor or an elevated surface, such as a stool.

