

A safe and comfortable work environment goes beyond avoiding immediate accidents—it's about safeguarding your body from long-term strain and injury. Ergonomics, the science of adapting the workplace to fit the worker, plays a crucial role in minimizing discomfort and preventing musculoskeletal disorders (MSDs). By incorporating ergonomic principles into your daily routine, you can support your long-term health, boost productivity, and create a more sustainable work experience.

1

Maintain Good Posture

Sit with your back straight, shoulders relaxed, and feet flat on the floor to support proper spinal alignment.

2

Set up Your Workstation Correctly

Set your monitor at eye level and an arm's length away to maintain proper neck alignment and reduce eye strain. Adjust your chair so your feet are flat on the floor, with your knees at or slightly below hip level. Position your keyboard and mouse close to your body at elbow height, keeping your wrists straight and relaxed.

3

Take Regular Breaks & Stretch

Take short breaks every 30 to 60 minutes to stand up, walk around, and reset your posture. Stretch your neck, shoulders, back, and legs to relieve tension and improve circulation. Regular stretching supports overall comfort and long-term musculoskeletal health.

4

Take Care of Yourself

Prioritizing your well-being and fitness are key elements when it comes to a comfortable workplace experience. Add ergonomic furniture and tools that promote good posture and reduce strain. Taking care of yourself through proper ergonomics can boost your energy, focus, and long-term health.

5

Stay Informed and Speak up

Stay informed about ergonomic best practices to recognize and address potential risks in your workspace. If you experience discomfort or notice unsafe conditions, speak up and share your concerns with your supervisor. Open communication helps create a safer, more comfortable work environment for everyone.

CORRECT SITTING POSTURE



LEARN MORE WITH THESE ADDITIONAL RESOURCES:

- [TMLIRP Video Streaming](#): Ergonomics Employee Training, Ergonomics for Remote Workers, and Stretching for Injury Prevention
- OSHA – eTools – [Ergonomic Checklist & Evaluation](#)
- Texas Department of Insurance: [Safety at Work Free Online Safety Videos](#)
- Texas Department of Insurance [Take 5 Ergonomics](#) or [Ergonomics for General](#), [Ergonomics Checklist for General Industry](#) and [Office Ergonomics](#) Checklist