



Ergonomic fixes on a shoestring

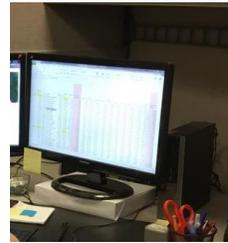
Lita Chang, SIA Prevention Services

Prevention is the key to help keep the cost of claims down. When budget is tight, it is often difficult for districts to spend money on ergonomic materials. Below are some ideas to help solve issues on a tight budget.

Books or a ream of paper are a good solution to help elevate a computer monitor or laptop. Many individuals, who have pain in their neck, shoulder, or upper back can minimize neck flexion by bringing the monitor up to eye level. One way to check monitor height, look at the task bar in a program such as Word and have a co-worker snap a picture of your posture. If you are looking up, bring the monitor down. If you are looking down, raise the monitor up. If you wear bi/tri-focals try adjusting the computer monitor lower than your eye level to allow you to focus through the bottom part of the lens. Most optometrists recommend having a pair of glasses for computer use only if you do a large amount of computer work. Keep in mind that good posture is important too as it helps to reduce eye strain and in some cases reduction of headaches.



Monitor Riser -\$30



Sturdy items or ream of paper- FREE!

Reams of paper make a good solution for a footrest. A ream of paper can help support the legs, improve circulation, help reduce body strain and prevent “dangling” which may cause strain on the low back. In some cases if you feel the chair placing pressure on the back of your knees, it may be cutting off circulation. One solution is supporting your legs so that knees and hip are in alignment with each other. As in the pictures below, you want to make sure you are sitting with proper posture, knees and hips in alignment, and back straight.



Approximately \$45.00



2 Reams of Paper – Free



Phone Book- Free

*Do you have unexplained aches and pains? SIA offers **FREE** ergonomic evaluations, education and presentations to member districts within our worker’s compensation pool. To find out more information about this program or who your district liaison is, please contact Lita Chang, Prevention Services at lchang@sia-jpa.org.*

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