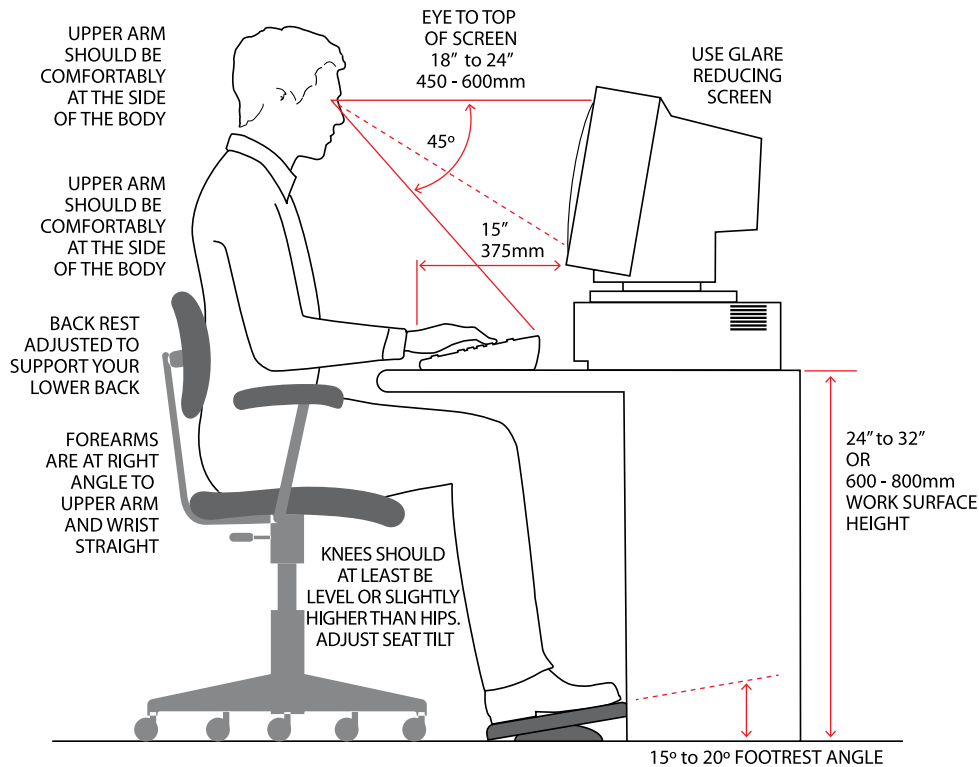
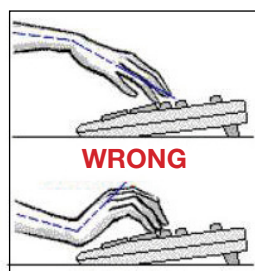
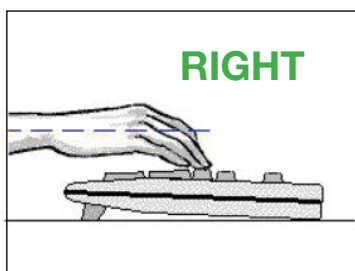


# HOW TO SIT AT YOUR WORKSTATION



## RECOMMENDED SITTING POSITION FOR A TYPICAL WORK STATION

Wrist should be straight, as prolonged downward or upward bending can lead to irritation, decreased nerve and blood supply, and eventually '**CARPAL TUNNEL SYNDROME**'



Pain, numbness and tingling of the wrist, hand and fingers can occur with holding the hands and wrists angled up or down for long periods of time. Problems can also occur from repetitive grasping with just the thumb and index finger. The reason for this is irritation of the nerves, blood vessels and tendons which pass through a ligament '**TUNNEL**' wrapped around the wrist bones.

When typing, using a keyboard (VDT), or performing repetitive tasks while using tools (screwdrivers, drills, staple removers, etc.), the wrists should be in a '**NEUTRAL**' (without any bend) position. Grasping, gripping and lifting should be done with the whole hand and all the fingers whenever possible.

Frequent '**SHAKING**' or rubbing of the hands and wrists provides rest and improves circulation. This will help prevent '**CARPAL TUNNEL SYNDROME**' and related problems from occurring.

If symptoms do occur; rest, cold compresses, massage, and if needed a brace or wrist support is recommended. If symptoms persist, an examination both of the wrists and the workstation should be performed

**REMEMBER AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.**