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Ergonomic Office Furniture Improves Productivity

The human body is designed to move, to be up and about, not chained to a desk, staring at a computer screen all day long. But, the fact is, for most people, sitting at a desk is what they do all day. Spending eight to 10 hours sitting in an uncomfortable chair can be sheer torture and can set your body up for a work-related injury, such as carpal tunnel syndrome. Ergonomic office furniture is not only more comfortable, it can help to prevent injuries and make work life more pleasant.

Ergonomics Defined

The American Heritage Dictionary says that ergonomics consists of the designing furniture that reduces fatigue, the chance of injury and pain. It is a way of arranging the office furniture that makes it easy for us to do our jobs.

Your Office Chair

This is the piece of office furniture that you do not want to scrimp on. The office chair should be comfortable and fit your proportions. The chair's seat must allow your knees to naturally bend, so it cannot be too long. Back support should be good, including good lumbar support. Adjustable seat height is important, as well. Any arm rests should be adjustable, if possible. The base of the chair, if it is on wheels, should be a 5-star pedestal.

The Desk Arrangement

Setting your work space up in such a way as to keep all of your most used items at your finger tips is essential. A U-shape or right angle shape are both popular configurations. Your computer monitor should be at eye level, while the keyboard should be at the same height as your hands when your arm is bent at the elbow, hands parallel to the floor. Most desks have a slide-out tray to accommodate the keyboard.

The mouse should go on the side that is most comfortable. Keep the mouse close to the edge of the desk to avoid overreaching. Use the mouse with a relaxed, level hand.

The keyboard itself should be tilted with the top higher than the bottom. Use the legs on the back of the keyboard to raise the top. Once again, your keyboard should be at the level of your hands when they are parallel to the floor when your arm is bent at the elbow in a right angle. Be sure that you do not have to stretch out your arms to type. Also avoid typing with your hands raised too high. Do not use a wrist rest because it puts your hands in an unnatural position, stretching the nerves in your wrists.

Take A Break

In addition to having an ergonomic office space, it is very important to take periodic breaks to give your body a chance to get up and move around. Stretch your arms and legs, exercise your hands by squeezing a ball, move your eyes up, down, and side to side. All of these exercises should be done every 30-60 minutes.

A Necessity

To prevent injuries and boost worker productivity, it is very important to provide yourself and anyone who works for you with the proper ergonomic office furniture. Spending money now will save you money later when you inevitably develop an injury.

When you are furnishing your office, a [desk](#) is an important piece of furniture. Take advantage of the many styles and designs to make your job of hunting for a [desk Brisbane](#) area simple.

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