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## The art of POSTURING

*Stress caused by computers is on the rise, but the right posture and good accessories can save you some pain*  
**NANDAGOPAL RAJAN**

**A**T TIMES, working on the computer can be a pain, quite literally. Most of us tend to slump on our chairs with a hunched posture, giving our muscles and bones a bad posture which we tend to maintain for hours. Everything from the computer monitor to the mouse and keyboard can contribute to shoulder pain, knee muscle fatigue.

With the increasing incidence of work-related musculoskeletal damage, many organisations are focusing on creating ergonomic desktops. Ergonomics is the science of how the human body does work. It studies how occupational tasks are done and seeks to make the work environment safer for people by designing workstations, or WDS, that are more pain-free. "Our focus is ergonomics in helping people work safely and avoid injury, but this doesn't let you think of it as a design for the way people work," says Nandagopal Rajan, a senior ergonomics and occupational health expert, Hardware of Microsoft Operations, which is closely associated with ergonomics products.

A look at ideal work-hour scenarios and probes to how you reduce pain and musculoskeletal damage.

**THE COMPUTER MONITOR**  
 The computer monitor should be placed 18 to 28 inches from the head, anything closer could cause eye and fatigue. The ideal distance will depend on the length of the user's arms and ability to read comfortably. The user's body should be placed at a 90-degree angle to the top edge of the screen or at least 90 degrees.

Amount of monitor available in the market has ergonomics designs, just make sure that you position them correctly. Adjusting ergonomics to computer monitors, height position, and screen glare.

Desktops your monitor further, change the font size and zoom in to read. Adjust brightness. It should be bright enough to see easily but not harsh. Screen should be high and wide. Screen flicker can be a problem. Turn off the screen when you are not using it. Turn off the screen when you are not using it. Turn off the screen when you are not using it.

**THE KEYBOARD**  
 The most important of which should be level while using keyboard. It is best to have your keyboard on your right and left side. While working, only your lower back and shoulder should come in contact with the desk. The desk should be at the level, not raised or lowered. Keyboard height should be such that the top of the keyboard is at the level of the user's elbows. The keyboard should be at the level of the user's elbows. The keyboard should be at the level of the user's elbows.

The basic Microsoft Mouse (MSM) has been designed to be ergonomic. It has a high back and a low front. The mouse is designed to be ergonomic. It has a high back and a low front. The mouse is designed to be ergonomic. It has a high back and a low front.

It is a step further to the Logitech wireless desk mouse. It is a step further to the Logitech wireless desk mouse. It is a step further to the Logitech wireless desk mouse. It is a step further to the Logitech wireless desk mouse.



The computer monitor should be placed 18 to 28 inches from the head. Top of monitor must be at eye level.

Adjust brightness and screen refresh rate. Make it as comfortable as possible.

Keypads and wrists should be level while using a keyboard. If you have any pain, these are good pressure on the wrists and forearms.

Only your lower back and shoulder should come in contact with the desk.

ergonomic mouse with a well-known design that helps you stress your hands comfortably on the keyboard. The ergonomic design keeps you from having to reach to an awkward position while typing and the gentle resting point of the mouse.



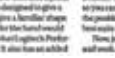
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**THE MOUSE**  
 You might not have a thought of it, but the mouse has a high risk factor. Repetitive actions on the mouse can lead to carpal tunnel syndrome and other hand problems. The best way to avoid this is to use a mouse that is designed to be ergonomic. The mouse should be at the level of the user's hands. The mouse should be at the level of the user's hands.



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Microsoft's Wireless Mouse (MSM) and Optical Mouse (MSM) have both been designed to give a perfect angle and grip — they also give a familiar shape to the hand. But the ideal angle for the hand would be that of the hand. The hand would be that of the hand.



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**LAPTOPS**  
 Some using notebooks and laptops can also be harmful to their posture. Often the angle of the screen is not at the level of the user's eyes. The angle of the screen is not at the level of the user's eyes. The angle of the screen is not at the level of the user's eyes.



Logitech's Notebook Slim 15.15 (SL15) has a screen that is designed to be ergonomic. The screen is designed to be ergonomic. The screen is designed to be ergonomic. The screen is designed to be ergonomic.



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