ERGONOMICS
AVOIDING EXCESS WEAR AND IMBALANCE

Few people see the massive amounts of energy that is wasted by using bad ergonomics - and the loss of "feeling good" while doing whatever task one is engaged in. (This is the effect of using physiology to our benefit or our detriment, see also: Physiology Contents, Links Directory. Physiology and energy usage is kind of ignored or passed off as a minor thing, but in truth it has a massive effect on all of one's life, productivity, and happiness!)

They make big mistakes, like being hunched over and suffering the tension of the body trying to adjust. They also don't "feel good" while doing the task, which makes one want to escape and/or associates the task with pain, thus decreasing your likelihood to do the task and might cause you to avoid doing it at all.

Basically, the body has a particular design to it that when it is violated causes us suffering and/or energy loss.

Accordingly, we must realize and adjust to "stack up" our weight over the load bearing structures in our musculoskeletal system and keep everything balanced sideways and back and forth. If you follow "the rules" (doing that which works) your body will serve you well and you'll be healthy and pain free.

To do that, you might adjust

1. How you sit
2. Your ability to see without strain,
3. Your use of energy

and **life will be improved more than you might imagine.**

Violate the rules for convenience or simply out of habit - and you will be guaranteed to suffer.

Do a "quick install" to get your systems and knowledge set up such that you will be highly efficient in this area - and feel marvelous!

ERGONOMICS INVOLVES:

Sight (strain, viewing distance, proper glasses)
Legs

Back
Arms
Lighting
Keyboard use

Ergonomics - Various Useful Recommendations And Overviews covers these in a 4 page summary.

YOUR WORKSTATION

It is vital to have your workstation finely tuned for ergonomics, not only for your musculoskeletal system but also for efficient use of energy.

Follow these detailed rules:

A short list (one page): 12 Tips For An Ergonomic Computer Workstation
The complete list: VDT Posture Checklist - Runs you through checking all parts of the body and posture. Essential learning, in my opinion. (5 pages)

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