

## Ergonomics Survey

So, how can you tell if your office environment is safe and conducive to your comfort and productivity? Consider the following questions:

At the office, do you:

1. Sit for long periods of time?
2. Perform repetitive arm or hand movements?
3. Spend a lot of time on the telephone?
4. Have to turn your head to see your computer monitor?
5. Take few or no breaks?
6. Sit under dim or flickering lights?
7. Spend a lot of time looking down at papers on your desk?
8. Experience headaches or neck pain?
9. Experience aching, numbness, or tingling in your fingers and hands?
10. Experience back pain?

If you answered yes to one or more of the above questions, you could be at risk of developing or already suffering from repetitive strain injuries related to your office set-up.

If you are experiencing pain while at the office or after returning home, you are not alone! In a recent survey of office workers who spent an average of five hours each day on the computer, a staggering 70 per cent reported symptoms in their neck, arms, and hands related to the repetitive tasks they performed. Amazingly, 60 per cent of the surveyed workers had information about ergonomics, but fewer than 10 per cent actually implemented it!

Your local chiropractor is available to provide treatment, as well as up-to-date information and advice that can help.

