



STUDY STATION SET-UP

Did you know that **back pain is the # 1 health issue** for SFU students (NCHA, 2007)? Setting up your workstation correctly can help reduce the risk of back and neck pain, fatigue and headaches. Here are some simple steps to reduce the risk of injury:

SET UP YOUR MONITOR

- ☑ Adjust the **monitor height** so that the top line of text is at eye level
- ☑ Have **one arm length** between you and the monitor

TAKE A BREAK

- ☑ **Stretch** every 20 to 30 minutes, moving your joints through their normal range of motion—try one of HCS' online stretching videos!
- ☑ **Move** – take short breaks to promote blood flow every 20 to 30 minutes. This will also help increase your energy, alertness and concentration
- ☑ Remember **not to leave your belongings unattended** when you take a break

PLACE YOUR KEYBOARD

- ☑ **Home row keys** should be directly in the centre of the trunk of your body
- ☑ Keep the **mouse and keyboard** close to your body to prevent strain to the neck and back

VARY YOUR POSTURE

- ☑ **Head** should be upright
- ☑ **Shoulders** should be relaxed
- ☑ **Arms** should be roughly parallel to the floor
- ☑ **Feet** should be flat on the floor



Are you experiencing back or neck pain, stiff joints, or aches and pains? **SFU Physiotherapy can help!** Call 778.782.3284 to make an appointment or visit students.sfu.ca/health for more information.