



Ergonomic PC: Creating a Healthy Computing Environment

Baird Peterson

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According to a recent study undertaken by the Seattle-based consulting firm, The Joyce Institute, repetitive strain injuries, such as eyestrain from computer-screen glare, and carpal tunnel syndrome, account for one-third of all workers' compensation costs. It seems therefore that anyone who uses a PC or who manages others who use PCs should be concerned with creating a safe and comfortable working environment. This text explains the health risks of PC use and provides practical "how-to" guidelines for making any workplace safer. It shows how to reduce workers' compensation claims and increase productivity.

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