NHS Computer Guide
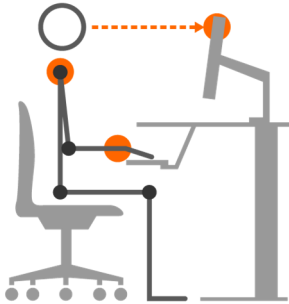

Computers can be a problem when it comes to back or neck strain. Ensuring your workspace is set up correctly may help reduce the potential for harm.

- Your keyboard should be directly in front of you. A keyboard that's off-centre can cause bad posture.
- You should be able to keep your arms bent in an L-shape and your elbows by your sides while using the keyboard, and your wrists should remain straight while typing.
- Position and use the mouse as close to you as possible. A mouse mat with a wrist pad may help keep your wrist straight and avoid awkward bending.
- Don't place documents between the keyboard and the front edge of your desk, as this may cause excessive bending of the neck when looking at the documents. Consider using a document holder or book stand.
- Position frequently used objects, such as your telephone or stapler, within easy reach. Avoid repeatedly stretching or twisting to reach things.
- Avoid cradling the phone between your ear and shoulder, as this can cause neck pain and stiffness. Consider a headset or speaker phone instead.