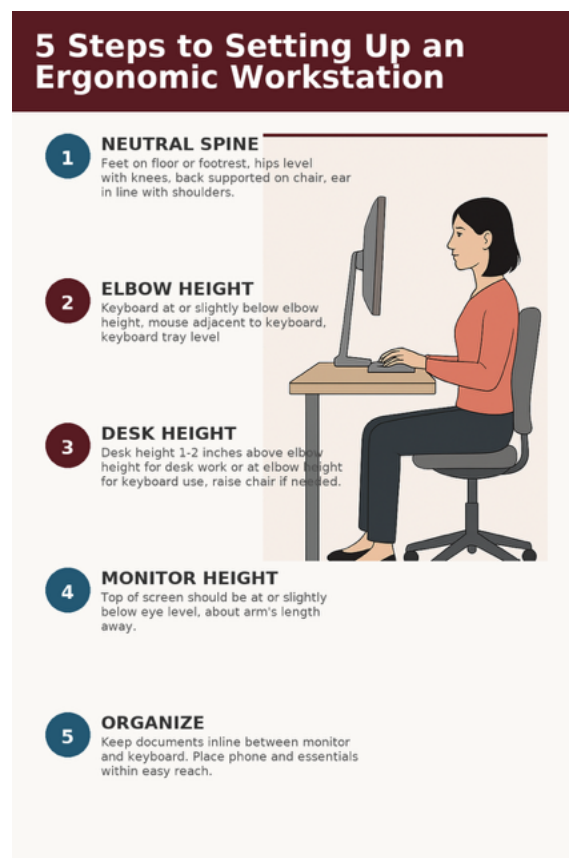


## Workplace Ergonomics

By Stacey Latronica

Outside of tax season, I move daily. I have a regular exercise habit of walking, some running, yoga, water aerobics, biking, and weight training. I really do love to move. I also love my work, although my body undergoes a huge adjustment in January through April... I do a lot more sitting during tax season. Aches and pains in my neck, shoulders, and hips naturally arise. I've been fortunate to work with physical therapists who have given helpful advice on my desk setup, which I'm happy to share below. I'm not always perfectly aligned in the prescribed ergonomic posture, but I practice self-awareness as often as possible and adjust often. I keep the image below taped by my desk as a reminder.



Neutral spine – feet on floor or footrest, hips level with knees and back supported on chair, ear in line with shoulders

Elbow height – keyboard at or slightly below elbow height, mouse adjacent to keyboard, keyboard tray level or negative tilt

Desk height – Desk height 1-2” above elbow height for desk work or at elbow height for keyboard use, raise chair if needed

Monitor height – Monitor aligned so first line of type is directly across or slightly below eye height

Organize – Documents, inline between monitor and keyboard, telephone and essentials within easy reach

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