

CLOVER SAFE #40



*Photograph Courtesy of the
California 4-H Computer Corps*

COMPUTER ERGONOMICS AWARENESS

Ergonomics includes assessing how tasks are performed in order to prevent fatigue and physical stresses that can result in temporary or permanent injuries. Performing tasks at a computer involves repeating the same types of motions over and over again. These types of repetitive motions put stress on muscles, tendons, ligaments and joints. Prolonged repetitive motion stress can result in repetitive motion injuries. In addition, continuous sitting at a computer can cause pressure on the discs between the vertebra of the back and pooling of blood in the legs. For additional information about computer ergonomics awareness, go to the

Clover Safe note at: <http://ucanr.org/cloversafe>.

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