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How to limit computer strain on your body

Computer-related injuries

More people today use computers than ever before. And many work at a computer all day. It's their job.

Sitting and staring at the computer, making the same hand and finger movements day after day, can affect your health. Overuse can cause:

- Eyestrain, blurred vision and headaches
- Pain in the neck, back, arms and muscles
- Repetitive motion injuries like carpal tunnel syndrome

What you can do

Here are some tips to help you work more comfortably and prevent these types of injuries:

Take periodic breaks

Look away from your computer. Do some desk exercises. Or get up from your desk, if possible, and walk around a bit.

This gives your eyes a chance to rest. And it lets you relax and stretch your muscles.

Sit up straight in your chair

Good posture keeps your body in proper alignment to reduce muscle strain.

Use "wrist neutral" position

If you type all day, keep your wrist joints straight. Not bent up or down.

The wrist neutral position can help prevent damage to the median nerve and carpal tunnel syndrome.

Talk to your employer

This is important, especially if you feel any pain or discomfort doing your job. Changes to workstations can help. And many companies will provide special equipment for employees who need it.

For example, there are:

- Padded wrist rests to help support the "wrist neutral" position talked about earlier
- Chairs that let you adjust seat height and back angle for proper positioning and support
- Window blinds or shades to reduce glare on computer monitors, and many other devices and aids

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