**Ergonomics Tips from Radiology**

**Choose a Chair**
- adjustable

**Pick a Mouse**
- +/- wrist rest

**Consider Headset**
- comfortable

**Consider Backrest**
- supportive

---

**Your ideal Workspace**

---

**Digital Eye Strain Prevention**
- Clean Screen to minimize glare
- Proper lighting
- Blue-light blocking glasses
- Blink often and take breaks

---

**Periodic stretches can decrease fatigue and prevent injury**

- Back extension
- Neck/shoulder rolls
- Arm/wrist rolls
- Quad/ankle Stretch

---

**Optimize your posture while seated in front of a computer**

- Sit up straight, eyes at/above monitor level
- Arms bent with wrist + forearm rested on desk
- Legs at 90° (knees level with hips)
- Feet flat on floor or footrest

---

**Take a 20 second break**

**Every 20 minutes**

**Look 20 feet away**

**Stay Hydrated!**

---

Swati Deshmukh, MD
Jeanne Horowitz, MD