

# Is Your Work Computer Making You Sick?

(NAPSA)—As computers become indispensable in the workplace, the chances that injuries resulting from prolonged use are bound to become more prevalent. According to the Bureau of Labor Statistics, 64 percent of all job-related injuries are due to repetitive stress injury. While carpal tunnel syndrome and eyestrain can cause immense pain and irritation, there are low-cost, easy-to-implement solutions that you can put into action at your own workplace.

All computer users should make sure that their desk areas follow sound ergonomic guidelines — that is, making sure that their workstations fit their unique bodies. The first and easiest thing computer users should look at is their keyboards. If your wrists bend backwards during use, instead of maintaining a neutral or straight position, then a wrist rest may be in order. When purchasing a wrist rest, look for one that matches the thickness of your keyboard, is made of a breathable material and allows ease of movement. Avoid rests that are too hard or have sharp edges, as these could hurt more than help.

People who tend to be heavy computer users or already suffer wrist pain may want to opt for a comfortable support, such as the Smart Glove manufactured by IMAK. Designed by an orthopedic surgeon to relieve wrist pain caused by frequent keyboard and mouse use, the Smart Glove features a built-in wrist pad filled with IMAK's patented ergoBeads to cushion the palm during use. In addition, the Smart Glove incorporates a flexible splint to prevent excessive backwards bending.

A comfortable chair is another way to ease discomfort in the office. While many workplaces have height-adjustable chairs so users can rest their feet firmly on the floor, a lower-back support is also very important. A well-designed



**The knees, lower back and wrists are all areas subject to office-related injuries.**

lumbar support can reduce stress on your lower back and improve your posture at the same time. Make sure to choose a support that is designed to hug your back and stimulate circulation. A back support that allows air to circulate between your back and the cushion, so your lower back does not become too hot, is an ideal choice.

Frequent breaks are another suggestion that ergonomic experts recommend to help reduce fatigue at the computer. A short 10-15-second break during a task can help reduce cramping in the hands and prevent eyestrain due to staring at a monitor all day. If your eyes do become blurry, puffy or irritated, take an extended break. IMAK created the Eye Pillow for computer users who want cool, soothing eye relief. The Eye Pillow uses IMAK's ergoBead technology to provide a gentle massage around the eyes and incorporates sewn-in indentations so mascara users won't smudge their makeup.

For additional information on repetitive stress injuries, ways to administer a self test and ergonomic products designed to help you avoid pain while performing your best on a computer, visit [www.ImakProducts.com](http://www.ImakProducts.com).