



RISK MANAGEMENT

TEXAS WOMAN'S UNIVERSITY

Ergonomic Workstation Modification Recommendations

Economical Options:

Rest Breaks

- The “[Stand Up!](#)” app (available for free on iPhone or Android) can remind you to stand up when you are going to work/study for more than 1 hour.
- The “[eyecare-Protect your Vision](#)” Chrome extension on your browser can assist with reminders for taking eye breaks.

Footrest

- Use a trashcan, roll up a blanket, or stack books to support your feet.

Back of Chair

- Roll a thick blanket, towel, or jacket and place vertically along back of chair for back support.

Edge of Desk Cushion

- Roll a small towel to rest your forearm/wrists or use a clean sponge as a cushion.

Armrests

- If you are seated in a chair with armrests, place a towel on them for comfort for your elbows and forearms.
- ***If there are no armrests:*** Be mindful to keep your shoulders at 90 degrees, try to avoid extending your arms out, and keep your shoulders relaxed

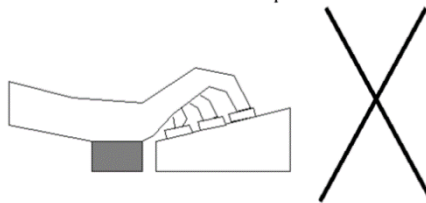
Edge of Seat

- Use a towel or blanket to cover up a hard edge of the chair where it touches the back of your knee. There should be about a 3” gap between the edge of the chair and the back of your knee.

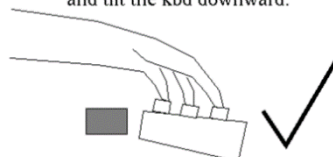
Keyboard/Mouse

- Place a soft yet firm towel or sponge to support your wrists and forearms when typing on the hard surfaces.
- **Be mindful you are not extending your wrists when resting on the cushions**

Don't "rest" on the wrist pad.



Keep wrists above the pad,
and tilt the kbd downward.



kbd=keyboard

Laptop/Tablet Stand

- Use books to raise the monitor/screen to eye level

Glare

- Move monitor/screen away from windows or adjust lighting

Document Holder

- Use a clipboard to hold your papers while typing and place in front of a bottle or books for support so that it is at eye level next to your screen.

Standing at Desk

- Make sure to stand on something cushioned like a towel or memory foam. Try to avoid standing without shoes on.
- **Modifications:** Use a stack of books to keep monitor at eye level or use an ironing board for height. Place the laptop on your bed on top of a book for added height.

Product Options:

Prices and availability are subject to change based on vendor

- [Laptop Stand](#) (\$27.99)
- [Adjustable Tablet/Phone Stand for Desk](#) (\$16.99)
- [Document/Book Holder](#) (\$13.99)
- [Lumbar Support Pillow](#) (\$24.99)
- [Seat Cushion](#) (\$27.95)
- [Memory Foam for Keyboard/Mouse](#) (\$14.79)
- [Wireless External Keyboard/Mouse](#) (\$27.99)
- [Wireless External Split Keyboard and Vertical Mouse Combo](#) (\$79.99)
- [Footrest](#) (\$24.99)
- [Universal Clamp-on Adjustable Armrests](#) (\$19.99)
- [Stylus for Phone/Tablet](#) (\$13.99)
- [Antiglare Screen for Laptop](#) (\$17.99)
- [Antiglare Screen for iPad](#) (\$22.99)
- [Rest Break Software](#) (\$65.00)
 - This software offers resources to ergonomically set you up for success
- [Adjustable Chair](#) (\$1249.00)
- [Standing Mat](#) (\$27.00)