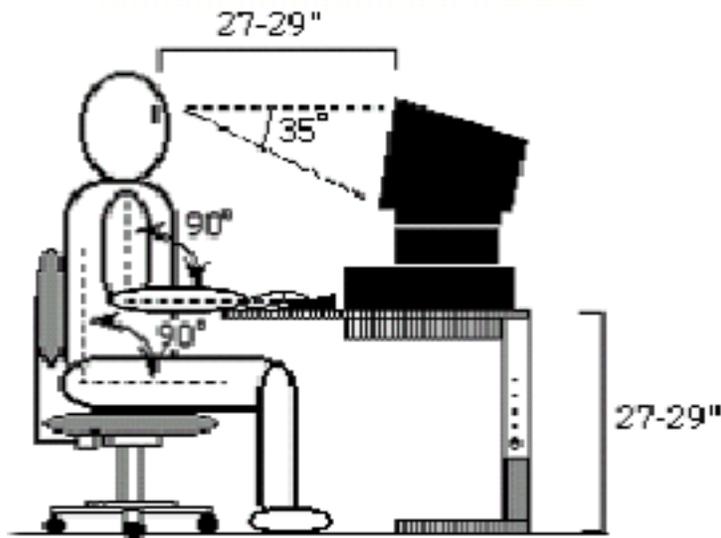


AUGUST 2004

Computer Workstation Ergonomics

Computer keyboard users can take several steps to lower their chances of developing CTS. Some of these center around the configuration of the workplace, or "ergonomics"



Ergonomics. Proper seating is crucial to good ergonomics. The height of your seat and the position of your backrest should be adjustable. The chair should be on wheels so you can move it easily. Arm rests on the chair, though optional, are often helpful.

Table height. To adjust the chair properly, look first at the height of the table or desk surface on which your keyboard rests. On the average, a height of 27-29 inches above the floor is recommended. Taller people will prefer slightly higher tables than do shorter people. If you can adjust your table, set your waist angle (see below) at 90 degrees, then adjust your table so that your elbow makes a 90 degree angle when your hands are on the keyboard.

Wrist angle. If your keyboard is positioned properly your wrists should be able to rest comfortably on the table in front of it. Some keyboards are so "thick" that they require you to bend your hands uncomfortably upward to reach the keys. If so, it will help to place a raised wrist rest on the table in front of the keyboard. A keyboard that requires you to bend your wrists is a common cause of CTS among computer users.

Elbow angle. With your hands resting comfortably at the keyboard and your upper arms vertical, measure the angle between your forearm and your upper arm (the elbow angle). If it is less than 90 degrees, raise the seat of your chair. If the angle is greater than 90 degrees, lower the seat. Try to hold your elbows close to your sides to help minimize "ulnar displacement" the sideways bending of the wrist (as when reaching for the "Z" key).

Waist angle. With your elbow angle at 90 degrees, measure the angle between your upper legs and your spine (the waist angle). This too should be about 90 degrees. If it is less than 90 degrees, your chair may be too low (and your knees too high). Otherwise, you may need to alter the position of the backrest or adjust your own posture (nothing provides better support than sitting up straight). (Note: If making your waist angle 90 degrees changes your elbow angle, you may need to readjust the height of your chair or table.)

Feet. With your elbows and waist at 90 degree angles, your feet should rest comfortably flat on the floor. If they don't, adjust your chair and table height and repeat the steps above. If your table isn't adjustable and your feet don't comfortably reach the floor, a raised footrest can help. Otherwise, you may need a different table.



Cataract Awareness Month

August is Cataract Awareness Month, sponsored by the American Academy of Ophthalmology. This is a common eye condition that many individuals develop. We hope that this article broadens understanding about cataracts so you and your family will have a clear awareness of it and be equipped to make the best decisions.

Cataracts are the leading cause of blindness worldwide.

A cataract is a clouding of the lens in the eye that affects vision. When the lens becomes cloudy, light rays cannot pass through it easily and vision becomes blurry. Cataracts are not a growth or a film over the eye. Most cataracts are related to aging. Cataracts are very common in older people, though they can develop in younger individuals. A cataract can occur in either or both eyes. It cannot spread from one eye to the other. [Read the full article.](#)

Navy Medicine On-line August 2004 Newsletter



Air Travel Safety Tips

Following these tips will help you reduce your wait time at the security checkpoint.

Before the Airport

- ❑ Do NOT pack or bring prohibited items to the airport. Read the Permitted and Prohibited Items. http://www.tsa.gov/interweb/assetlibrary/Permitted_Prohibited_12_18_2003.pdf
- ❑ Refrain from taking wrapped presents to the airport. It is recommending that you either ship wrapped packages ahead of time or wrap on arrival. If the package alarms, TSA will need to unwrap it to investigate the source of the alarm.
- ❑ Avoid wearing shoes, clothing, jewelry, and accessories that contain metal. Metal items may set off the alarm on the metal detector.

- ❑ Put all undeveloped film and cameras with film in your carry-on baggage. Checked baggage screening equipment will damage undeveloped film.
- ❑ Carry-on baggage is limited to one carry-on bag plus one personal item. Personal items include laptops, purses, small backpacks, briefcases, or camera cases. Remember, 1+1.
- ❑ Place identification tags in and on all of your baggage. Don't forget to label your laptop computer. These are one of the most forgotten items at Screening Checkpoints.

At the Airport

- ❑ Put metal IN your carry-on bag. This includes jewelry, loose change, keys, mobile phones, pagers, and personal data assistants (PDAs).
- ❑ Take OUT your laptop computer. Place it in a bin, separate from its carrying case.
- ❑ Take OFF your outer coat. Place it in a bin. Suit jackets and blazers do not have to be removed, unless requested by the

MISHAPS IN JULY

1. Employee's hands had a burning sensation and began to swell walking to the pool. **(on-duty, no lost work days).**
2. Service member suffered heat exhaustion during his duty at post sentry post 2. **(on-duty, no lost work days).**
3. Employee stated he was mowing grass when a bee stung him. **(on-duty, no lost work days).**
4. Employee complained of chest pains while at work. **(on-duty, 4 lost work days).**
5. Employee was carrying a load of towels when she fell over a fan cover that was on the floor. **(on-duty, 1 lost work day).**
6. Employee was stung by an insect while he was walking down a walkway. **(on-duty, no lost work days).**
7. Employee bumped her forehead on a headboard while housekeeping. **(on-duty, no lost work days).**

Lost Work Day - Loss of at least one full work day subsequent to the date of mishap.

Lets' be safe out there !!



REGIONAL SAFETY OFFICE
 1750 Tomcat Blvd. Suite 2170
 Virginia Beach VA 23460-2122
 Oceana Bldg 230 • Dam Neck Annex Bldg 585
 OC- (757) 433-2692 • fax (757) 433-2694 • DSN 433
 DN- (757) 492-6630 • fax (757) 492-7411 • DSN 492
www.nasoceana.navy.mil/safety