


## Ergonomics Note

Injury	Symptoms		Cause	Prevention	Treatment
① Texter's Finger Nintendo Thumb Smart Phone Pinky	- burning pain - numbness	(pink toes)	holding phone texting, gaming	- text less	- finger brace - surgery
② Carpal Tunnel	- burning pain - can't move fingers	- typ wri	ing with sts bent	- moveable keyboard - hold wrists flat - exercises for hands	- wrist brace - surgery
③ Backache Neck Strain	- pain	- scr - cha	een in wrong position ir isn't high/ low enough	- screen is at eye level - by sit properly 	- pain killers (medication) - surgery
④ Numb Legs	- can't feel legs - "pins & needles" feeling	- cha	ir is positioned wrong	- put feet flat on floor by	
⑤ Headache Eye strain	- burning / dry eyes - trouble seeing - see spots	- scr	een glare	- adjust light in room - window shades - glare guard	- glasses - pain killers (medication)
⑥ Trouble Sleeping	- can't fall asleep - wake up in night	- TV, use	Computer, Device 1 hr before bed.	- Don't use Devices 1 hr before bed.	
⑦ Ringing Ears	- hear ringing or high pitched noise	- ext	ended use of gaming headsets/ headphones at loud volume	- take breaks - turn down volume	