



# Introduction to Programming

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Department of Computer Science and Information  
Systems

Lecturer: Steve Maybank  
[sjmaybank@dcs.bbk.ac.uk](mailto:sjmaybank@dcs.bbk.ac.uk)

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Week 2a: Safe Operation of Computing Equipment

# Working Posture



Sit back and move chair close to the desk. Maintain contact between your back and the seat back to support the inward curve of the lumbar spine.

Tilt the seat forward 5° -15° to keep the knees lower than the hips.



Do not perch on the front of your seat. Move the keyboard close to the front of the desk.

Avoid incorrect slouching in which the pelvis rotates backwards. The inward curve in the lumbar spine is lost and the lumbar discs are strained.

# Slouch



Release the seat and back of the chair and lean back supported by the chair.

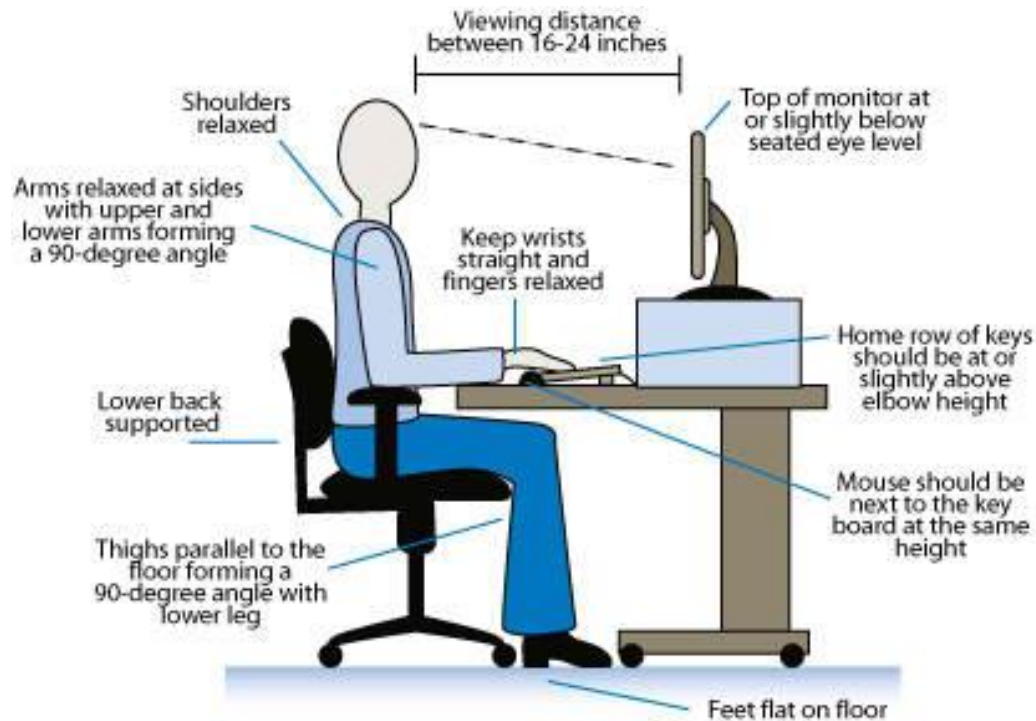
Ensure that the hips are pushed back and the chair back follows the lumbar spine.



Do not slide the hips forward as this will prevent the natural inward curve of the lumbar spine.

Keep the angle of the chair back within 90° to retain the curve of the lumbar spine.

# Sitting at a PC



<http://www.freelancewritingtips.com/20-helpful-tools-to-jumpstart-your-freelance-writing-career/>



# Posture

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- **Lower back:** supported by the chair back
- **Forearms:** horizontal
- **Head:** up and balanced with the screen at eye level
- **Wrists:** straight, in line with the forearms
  - Do not rest wrists on the edge of the desk or bend the hands up at the wrists

<http://www.bbk.ac.uk/so/safety/DSE2>



# Equipment

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- **Chair**: sit well back with the lower back supported
- **Footrest**: if the feet do not rest on the floor
- **Screen**: at arm's length with the top at eye level
- **Keyboard**: near to the edge of the desk
- **Mouse**: near to the keyboard
- **Document holder**: place near to the screen and at the same height and angle

<http://www.bbk.ac.uk/so/safety/DSE2>



# Lighting

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- Avoid windows or lights in line with the screen
- Avoid reflections from the screen
- Sit sideways to windows



# Movement

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- Avoid sitting in the same position and staring at the screen for long periods
- Vary the activity at the desk
- Get up and move around every hour or so





# Laptops

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- Poor ergonomics because screen and keyboard are close together
- Where possible, use a laptop stand and a desk
- Do not lean forward with the head
- Forearms parallel to the desk
- Screen at about arms length
- Feet flat on floor

<https://www.posturite.co.uk/help-advice/learning-resources/laptop-workstation-setup>



# See Also

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- [http://www.dcs.bbk.ac.uk/dcswiki/index.php/VDU\\_Advice](http://www.dcs.bbk.ac.uk/dcswiki/index.php/VDU_Advice)