

# TOOL BOX TALKS

## Computer and Desk Ergonomics

Computers are in use in just about all companies nowadays. It's difficult to find a desk without a computer now. All computer users should think about their safety, and how to avoid potential problems associated with long-term computer use. Long term computer use could potentially cause health issues. Computer use can and does cause short-term problems like blurred vision, neck pain, finger and hand pain as well as lower back pain. Review these safety tips with computer users.

