

Ergonomics

The impacts of ergonomics on our well-being is profound, especially when it comes to safeguarding against repetitive motion injuries. The reality is that our bodies are not designed for prolonged actions, and when coupled with poor posture and inadequate work setups, they become susceptible to injury.

Repetitive motion injuries can profoundly impact our daily lives and shorten our careers as service providers. Conditions like carpal tunnel syndrome, tendinitis, and bursitis can emerge slightly at first but can erode our ability to perform live captioning tasks if we do not make conscious ergonomic efforts.

Proper ergonomics for live captionists include:

- Keeping feet flat on the ground and the back and neck straight
- Taking frequent breaks
- Keeping elbows at an angle between 90-110 degrees
- Keeping wrists in a neutral stance. Do not rest your wrists on the keyboard or table.
 - The [insTand](#) is a good resource for on-site work
- When possible, having your monitor at eye level

Resources:

- [TypeWell's Healthy Habits for the Transcriber](#)
- [TypeWell's "Ergonomic Fundamentals for the Transcriber"](#)

TypeWell's LEO course is just \$30 and is open to anyone, including TypeWell transcribers and C-Print providers.