

Safer Surfing Online

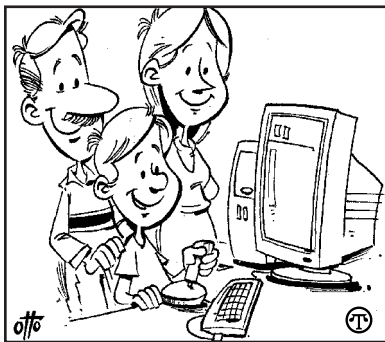
(NAPSA)—When looking for ways to make their homes safer, more families are homing in on their home office, according to Doctor Carol Ley, Director of Occupational Medicine for 3M.

“With kids—and other family members—spending more time working on the computer, it’s important to make sure that computer and home-office equipment are ergonomically correct. The right equipment can make computer use more comfortable and less likely to result in injury,” she said.

The first buying decision is choosing an adjustable chair so that different family members can sit correctly while using the family computer. This can decrease the risk for lower back strain.

Next, many experts recommend that you invest in gel wrist rests, such as 3M’s patented Gel Wrist rests to support and conform to the wrists. Formulated for softness, the gel wrist rests encourage a neutral wrist position to reduce strain and improve comfort.

Improved mousing accuracy may result from using 3M’s Precise Mousing Surface products which feature a patented light-reflective micro-groove surface design that improves tracking performance of mice at fast speeds. These products were also designed to improve performance of optical mice. Users simply point, click and drag quickly, smoothly and accurately.



An ergonomic mouse is an important feature for anyone who spends a lot of time on the computer and especially on the Internet since both involve a lot of mouse motion. The 3M Ergonomic Mouse has a unique design, like a joy stick, that has been shown to reduce the muscle strain and discomfort associated with carpal tunnel syndrome and repetitive stress injury.

3M™ Anti-Glare Filters reduce screen glare and enhance contrast. They can improve productivity by helping prevent glare-related eyestrain and headaches associated with computer monitor usage. These filters come in grey or black and are available for LCD or CRT monitors.

All these products are available through major office supply stores.

To obtain tips, checklists for evaluating and improving a workstation and information on products, visit www.3m.com/ergonomics.