

# Ergonomics

Seating and lighting for comfort and vision

Unfortunately, making crop art can be hard on the back and neck, as you're always going to be looking down at your work. Seeds are small and one tends to try to get closer to the surface to see better. Completing a piece can take a long time, leading to more stress on the system.

So, how to avoid these problems?

# Tips for avoiding crop art pain

1. Sit so your back and neck are as straight as possible
2. Use good, adjustable, natural colored lighting
3. Take breaks



Tip #1: Sit so your back and neck are as straight as possible



Me in 2014—NOT a good example!



Me in 2024. I may look 100 years old, but at least my back is straight  
and I have good light!

Just using books or boxes to raise the piece can help you get close to your work without bending over too much.  
I'm very near-sighted so I like to just remove my glasses and be a few inches away from my work. Other people use  
'cheaters,' a.k.a. non-prescription reading glasses.



Artists use various ways to be comfortable and see their work well



Laura Melnick using an adjustable table

Tip #2: Use good, adjustable, natural colored lighting



## Tip #3: Take breaks

Obviously, the earlier you start your crop art, the more flexibility you have in spacing out your work. But even if you're pressed for time, be sure to get up and walk around and stretch. Take time for a walk. Or try seeding while standing!

