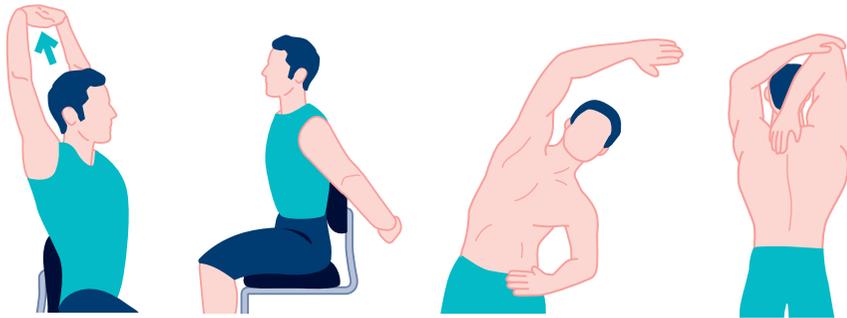


Take a Break

Workstation Stretches

Prolonged sitting at a desk can cause muscular tension, pain and reduces levels of the feel good hormones serotonin and oxytocin. Stretching or moving whilst at your desk allows for a short break which is proven to improve mood and productivity. Try some of these:

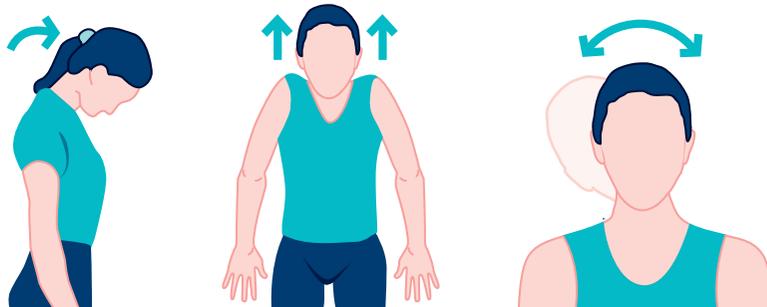
Arms and back



Wrist, ankles and legs



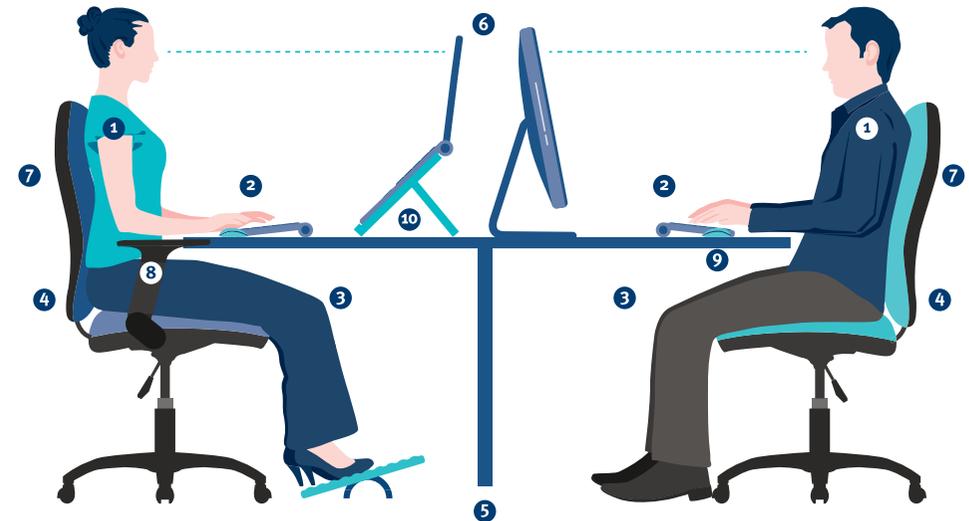
Head and shoulders



Sitting correctly at your workstation

Don't wait until
you ache!

Incorrect posture at a workstation can cause pain in your back, neck, shoulders, wrists, fingers and arms. The picture below shows how you should sit when working at a laptop or a regular monitor.

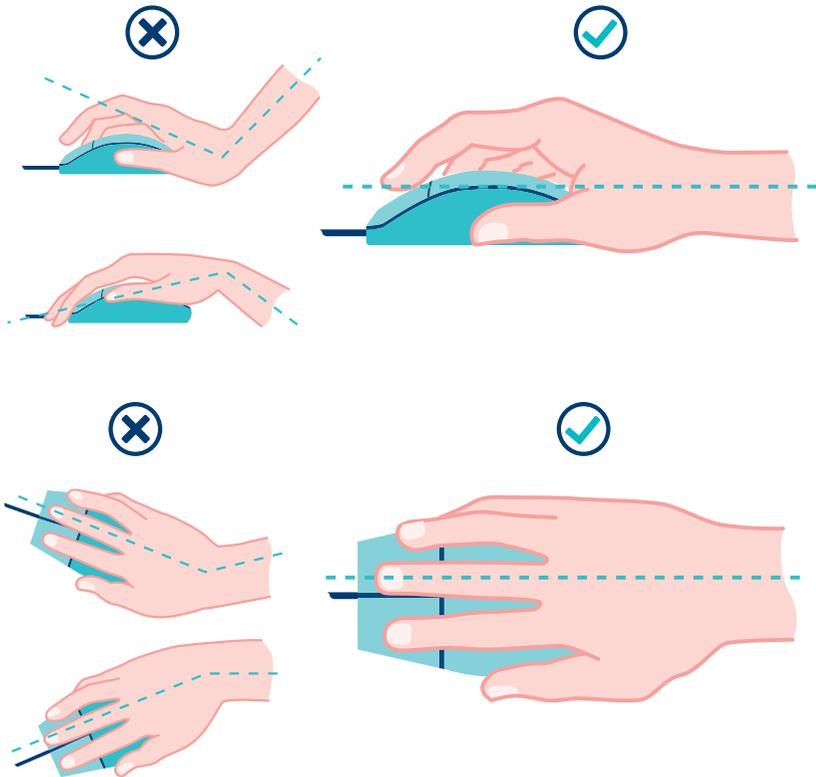


- 1 Arms & shoulders relaxed with upper and lower arm forming 90° angle
- 2 Wrists straight in line with forearm
- 3 Legs upper legs should be well supported with lower legs at 90-110 angle to thighs
- 4 Hips as far back on chair as possible
- 5 Feet flat on the ground or on footrest
- 6 Eyes looking at top quarter of screen, monitor approx arms length away
- 7 Backrest should support lumbar curve
- 8 Armrests try not to rest on these when typing
- 9 Mouse keep arm close to body
- 10 Laptop use a riser, external keyboard and external mouse

Computer health advice

Correct mouse use

Do not flex your wrists when using a mouse. Keep the wrist straight to prevent aches and pains which can lead to repetitive strain issues.



Don't overstretch

Pain in upper back, shoulders and upper arm can be caused by overstretching the arm controlling the mouse. Keep your upper arm near to your body. This is often more easily achieved by using a compact keyboard, which allows the mouse to be placed in the correct position.



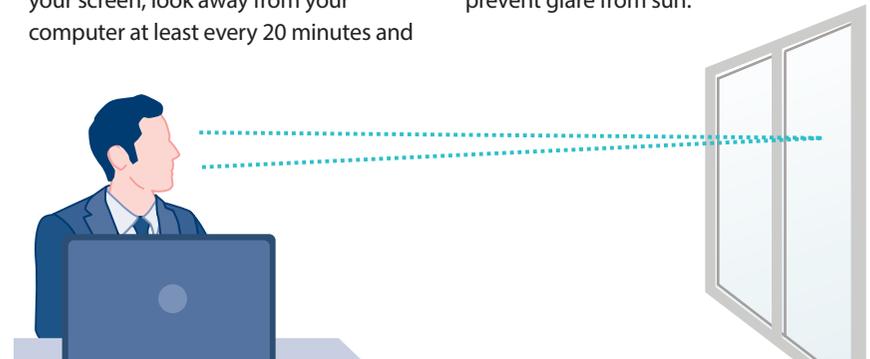
Eye care

When working at a computer, people blink less frequently causing the eye to become dry. Blinking moistens your eyes and prevents dryness and irritation.

Adjusting the display settings of your computer can help reduce eye strain and fatigue: brightness, text size & contrast. To reduce the risk of tiring your eyes by constantly focusing on your screen, look away from your computer at least every 20 minutes and

gaze at a distant object (at least 20 feet away) for at least 20 seconds. Looking far away relaxes the focusing muscle inside the eye to reduce fatigue.

Eye strain often is caused by excessively bright light either from outdoor sunlight coming in through a window or from harsh interior lighting. If possible, position your computer screen so windows are to the side to prevent glare from sun.



Take frequent breaks from your workstation

Workrave is a free software that is designed to prompt you to take micro-breaks away from computer activity. The program runs on GNU/Linux and Microsoft Windows and is easy to install.

Workwave download

<http://www.workrave.org/>