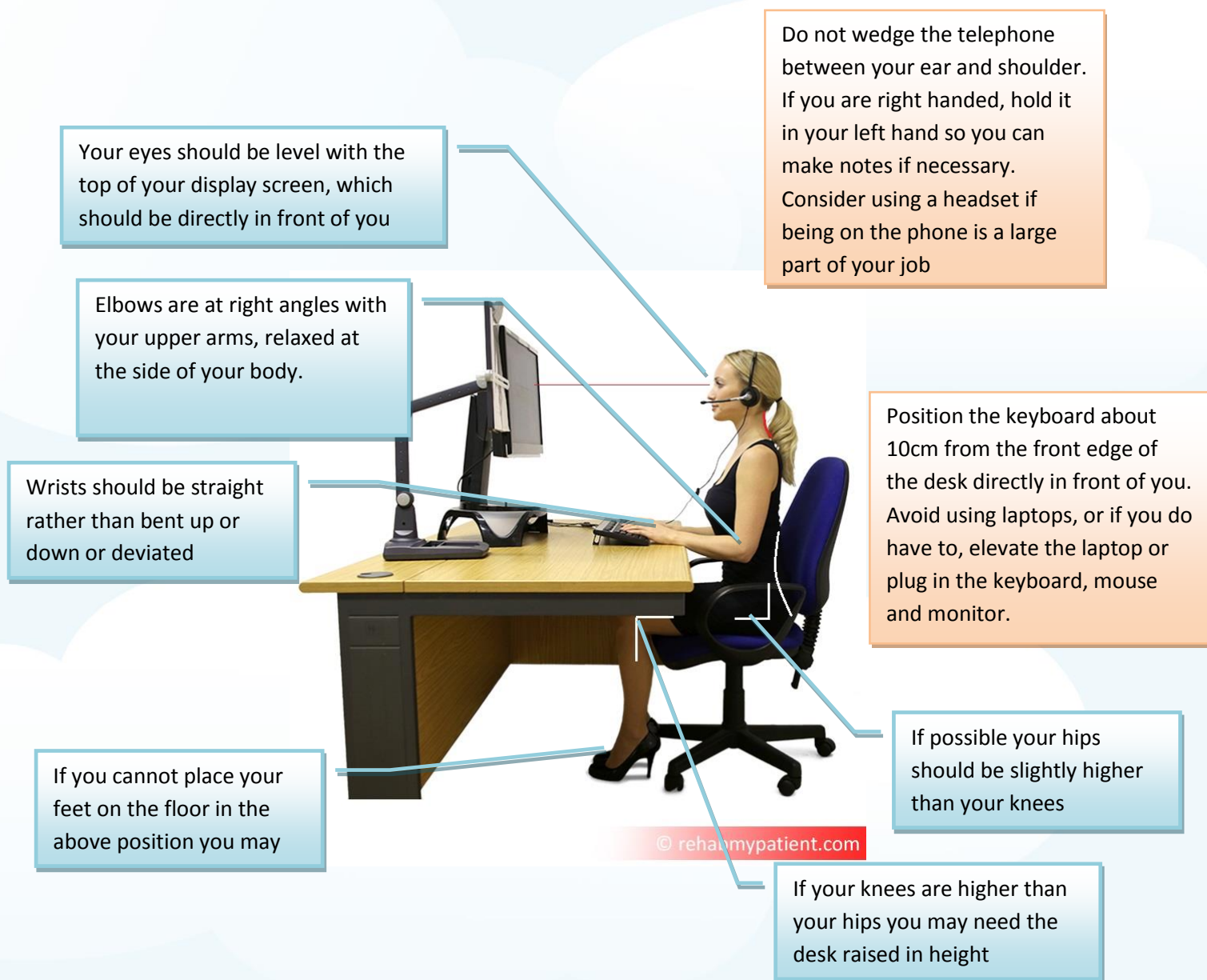


Workplace Ergonomics

Good work place posture is essential to the health of your neck and back. Maintaining poor posture for long hours is likely to be a contributing factor to your pain. If your neck or back pain has become chronic, try making some important work changes to allow your body to recover.



- The top 1/3rd of the screen should be at eye level.
- An adjustable ergonomic chair will help maintain good posture.
- Knee and hip angle at 90 degrees.
- Ensure the chair is the correct height, with knees able to slide under the table.
- Elbows at 90 degrees.
- Use a document holder to prevent repetitive neck bending.
- Use a hands-free telephone headset.

Other Work Tips:

- Get up and move every 30 minutes.
- Reduce stress if possible.
- Relax, try not to hold yourself too tense.
- If you are sitting all day, exercise at least 3-5x per week for 30 minutes.
- Keep your smart phone or tablet raised.
- Use a document holder to keep papers and books elevated.

Working With Laptops:



- Avoid Regular laptop use.
- Plug in a keyboard and mouse.
- Always use a laptop raiser.
- Maintain good neck posture, do not look down repeatedly.
- Never sit on the sofa or lie in bed and use a laptop – put it on a table.

Wrist Supports:

- Wrist supports can help for elbow, wrist and thumb pain.
- Use with a mouse or keyboard, or both.
- Useful for tennis elbow, carpal tunnel syndrome and tendonitis.

