

Exercises

It is important to take regular breaks. Here are a few quick exercises that can be done at your desk:



Roll your shoulders.



Slowly tilt your head from side to side.



Stand up every hour and ease backwards to feel a gentle stretch. Repeat 3-4 times.



Move your chin in to your neck and then move your head backwards to give yourself a double chin.



Slowly look up and down.



Gently add pressure to feel stretch along forearm, hold for 20 seconds. Repeat with both hands.

Sitting Correctly



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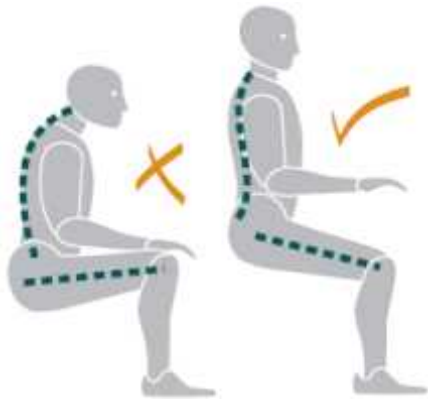
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SITTING CORRECTLY

It is important to support your low back with a gentle inward curve.



Make sure you sit back in the chair and move your chair close to the desk so you can support your lower back.



DO NOT:

- Perch on the front of your seat
- Place your keyboard, mouse or telephone too far away from you

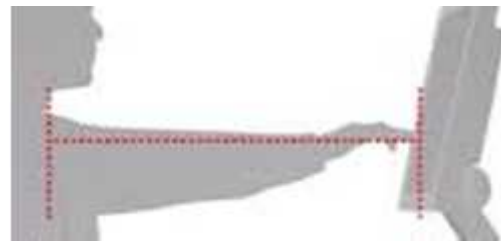
IS NOT JUST ABOUT

Make sure the screen is at the correct height and distance. The first line of writing should be at eye level.

If the screen is too low or too high you may strain your neck.



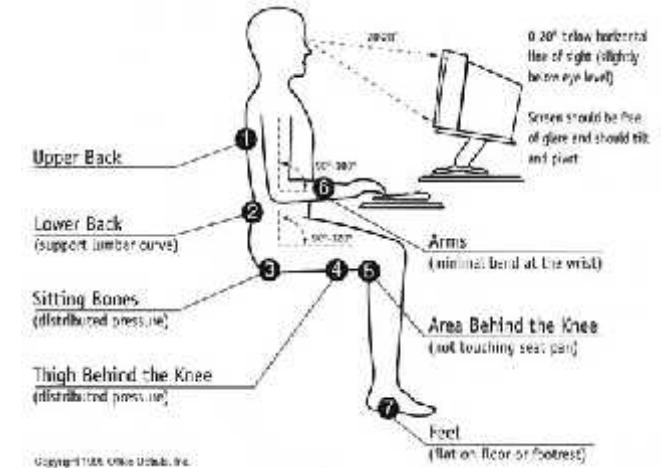
The screen should be an arm's length away. This will minimize eye strain and neck strain.



SITTING UP STRAIGHT!

RSI can be prevented by having your wrists and elbows in the correct positions.

Your elbow should be bent to 90° or at right angles to your arm, with your arm resting comfortably by your side.



Your wrists should be straight, supported if necessary. Make sure they are not bent up or down.