

TREAT YOUR BACK WELL

Ergonomics in the workplace

Whether you are sitting at a desk all day, running from meeting to meeting, or on your feet throughout the day, your work environment could be causing strain or stress on your body. Here are some tips to help make your workday ergonomic.

- Move around every 20 to 30 minutes instead of sitting or standing in one spot for long periods of time.
- The height of your workspace should line up with your elbows when you are seated. This alignment helps prevent carpal tunnel.
- Use an office chair if you can – the adjustable settings can help your back and keep you sitting up straight and help prevent backache.
- Your computer screen should be at about eye level – this keeps you from straining your neck.
- Working on a laptop? Use an external mouse! It allows you to move your hand and arm more than using the trackpad.
- Before or after work, practice [bridge yoga poses](#) to strengthen your lower back.
- Practice head and [neck exercises](#) to strengthen and stretch your muscles. You can do these at your desk!
- Follow the 20/20/20 rule – after every 20 minutes of looking at your screen, take 20 seconds to look at something 20 feet away. This gives your eyes a break and reduces eye strain.
- If your job involves lifting heavy objects, use [proper lifting techniques](#) to avoid strain and injury. Bend at the knees, keep your back straight, and lift with your legs rather than your back. Use equipment or ask for assistance when dealing with particularly heavy items.
- Invest in footwear that provides proper support, use tools with comfortable grips, and make sure your workstations are designed to minimize physical stress.

Musculoskeletal injuries resulting from poor workplace ergonomics account for **34%** of all lost workday injury and illnesses.



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