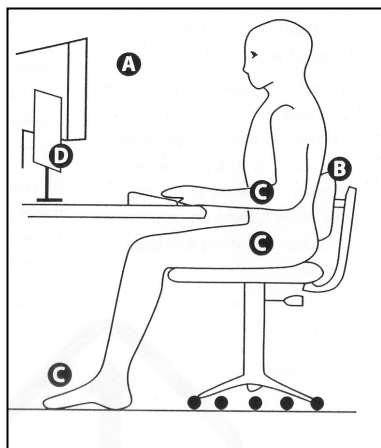


ERGONOMIC MANAGEMENT

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Prolonged sitting at a desk or computer can cause pain and tension. However with some simple management tips you will be able to minimise these symptoms. Arrange your desk, computer and chair to avoid strain on your neck.

- A Position your screen slightly below eye level and directly in front of you.
- B Have an adjustable chair so that you can change the height and back support.
- C Sit with hips, knees and elbows at close to 90 degree angles.
- D Document holder should be at the same eye level as the screen and close to the monitor.
- E Use a headset if your job entails extensive use of a telephone.



OTHER HELPFUL TIPS.....

While driving the car your head should rest on the head support, your chair upright and the mirrors suitably adjusted.

When sitting at home, ensure that your head is supported on the lounge or against a pillow.

Think before you lift. Test the weight. Avoid reaching to lift objects or lifting awkwardly. Carry the object close to your body.

When working at a work or kitchen bench try to bend through your hips keeping your back from bending and keep your chin in. Position one foot up on a step or ledge to unload the force throughout your spine. Take breaks every 15 minutes.

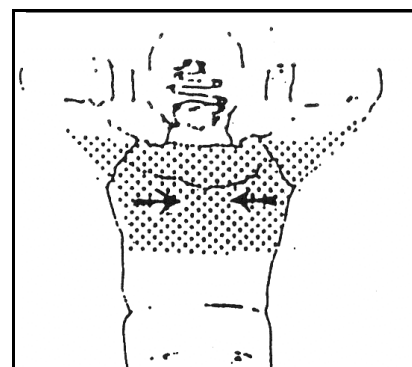
Carry fewer bags of groceries from the car at a time. There will be more trips but less strain on your neck.

When carrying children, change sides regularly. Use slings, backpacks or strollers.

Spread out house cleaning over a few days. Rotate the cleaning tasks; don't do the same task all at once. Lower the clothes line to reduce the strain on your neck.

EXERCISES

Perform regular exercises, 3 times a day of up to 10 repetitions of each ensuring they are done within a painfree range.



ERGONOMIC MANAGEMENT

