



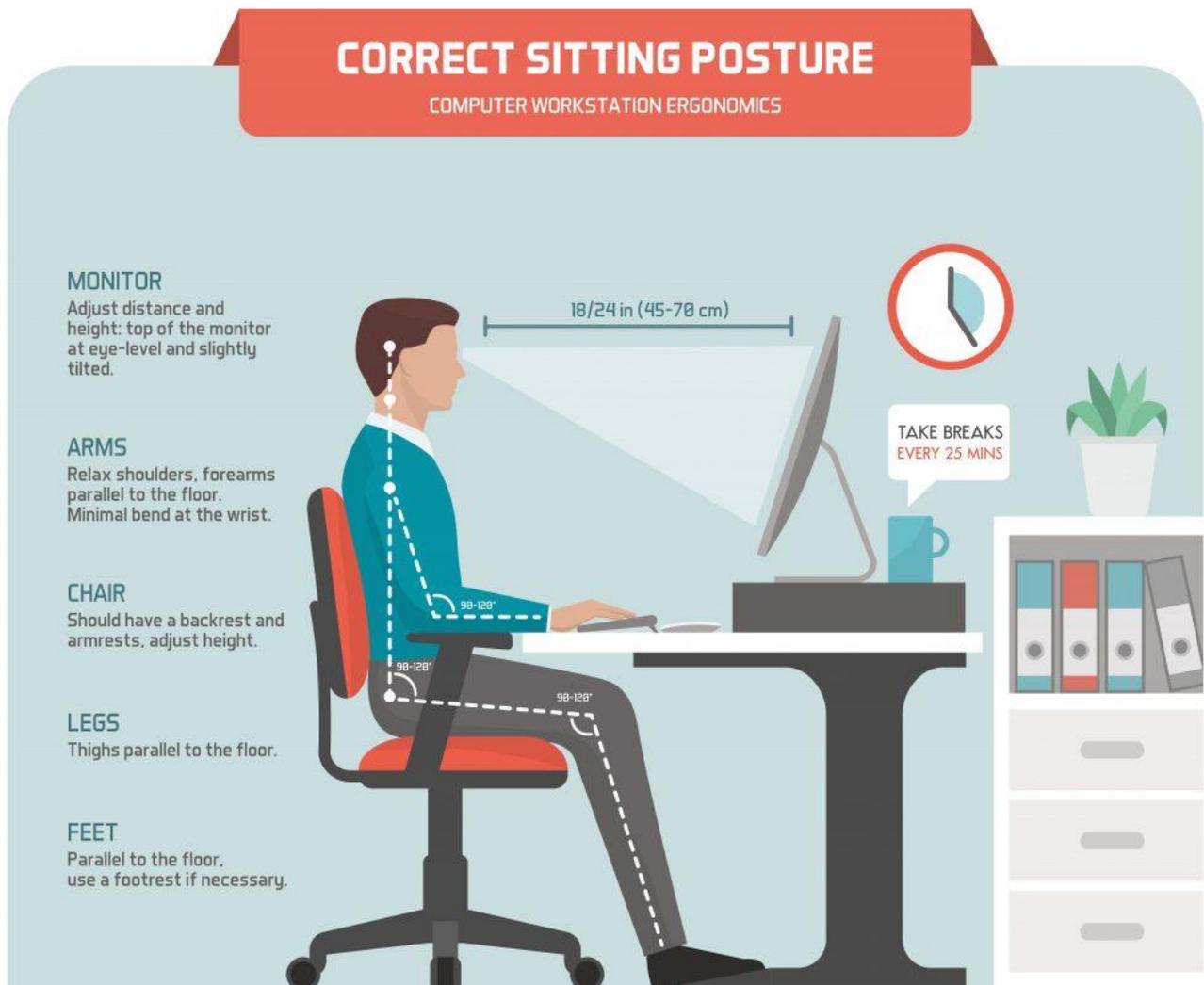
WORKING FOR A HEALTHIER TN



Workplace Ergonomics

CORRECT SITTING POSTURE

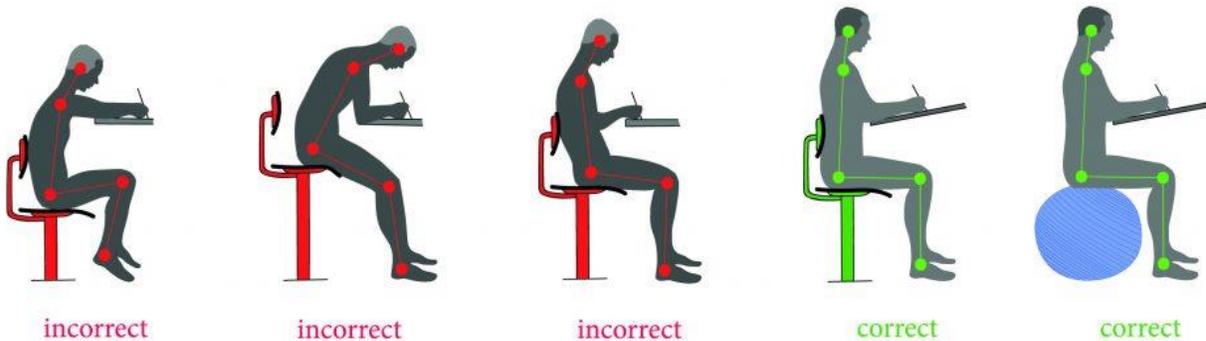
COMPUTER WORKSTATION ERGONOMICS



For additional information on [setting up a healthy ergonomic workstation](#), check out these tips from the Mayo Clinic.



Workplace Ergonomics Tips



Handheld Devices

Tablets and mobile devices cause stress and discomfort as well. Here are some things to remember when computing on the go:

- Texting can be hard on the thumbs. Limit typing time to no more than 10-15-minute sessions.
- Stretch often when spending extended time on your device.
- Make sure to sit up straight while on your device. You may choose to use something to support the arms so that you are not holding them up for long periods and/or maintaining a prolonged bent-neck posture.

Keep Moving

Even with the perfect office set up, you shouldn't sit in a chair all day. Take a break! Change your position, stretch and adjust your chair when needed. Try getting up for at least 5 minutes each hour.

Check out these stretching videos from the Mayo Clinic:

- [Deskercise - Neck and Shoulder Stretches](#)
- [Deskercise - Lower Back and Torso Stretches](#)
- Or, use the [Office Stretches](#) handout

You can also switch between sitting and standing throughout the day. Check out this video from WebMD on [How to Create a Standing Desk](#).

Rest Your Eyes

Use the 20-20-20 rule: every 20 minutes, look away from your computer at an object about 20 feet away. Look at that object for 20 seconds. This will give your eyes a chance to reset their focus. If you're having trouble with your eyes, check your screen use.