

## Preventing back pain

Low back pain is the most common ailment, after headaches. Here are some things to check and stretching exercises to do at your desk to help avoid back injury:

Hard copy holder close to the monitor to improve neck posture and reduce eye fatigue.

Seat back and positioned to provide lower back support.

Space behind knees to improve leg circulation.

90° angle or more between lower leg and thigh to improve leg circulation.



Top of monitor placed at seated eye level to improve head and neck posture.

Keyboard slightly inclined and placed at seated elbow height to encourage keying with straight wrists and relaxed shoulders.

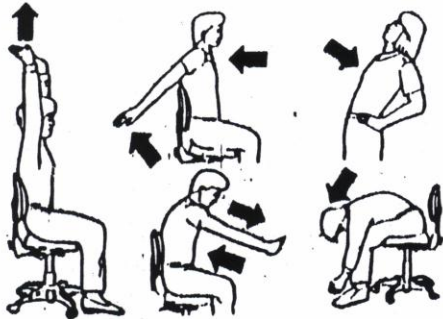
Padded and slightly curved wrist rest to keep wrists straight and reduce stress on shoulders and upper back.

Feet on floor or footrest to improve stability.

## Office exercises

Remember: Break up your computer work with breaks, non-computer tasks, and movement.

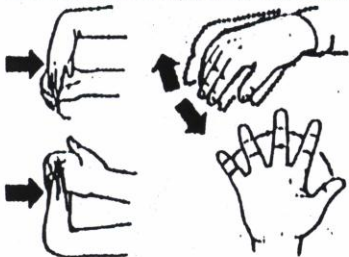
### Upper body stretches



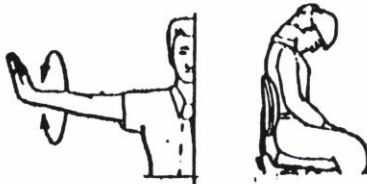
### Neck stretches



### Shoulder, arm and hand stretches



### Relax



Source: ErgoTech Incorporated

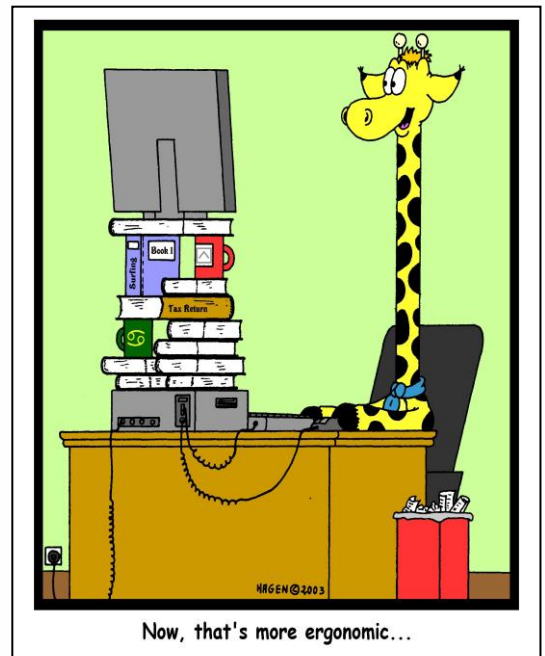
Take a break from the computer at least every two hours.

Alternate with non-computer tasks such as phone calls, filing, meetings.

Time your computer tasks to end when coffee or meal breaks start.

Change your posture frequently. Even re-adjusting your chair slightly changes your posture.

Stretch periodically. This is especially important when you work intensively or for long periods at the computer.



Now, that's more ergonomic...