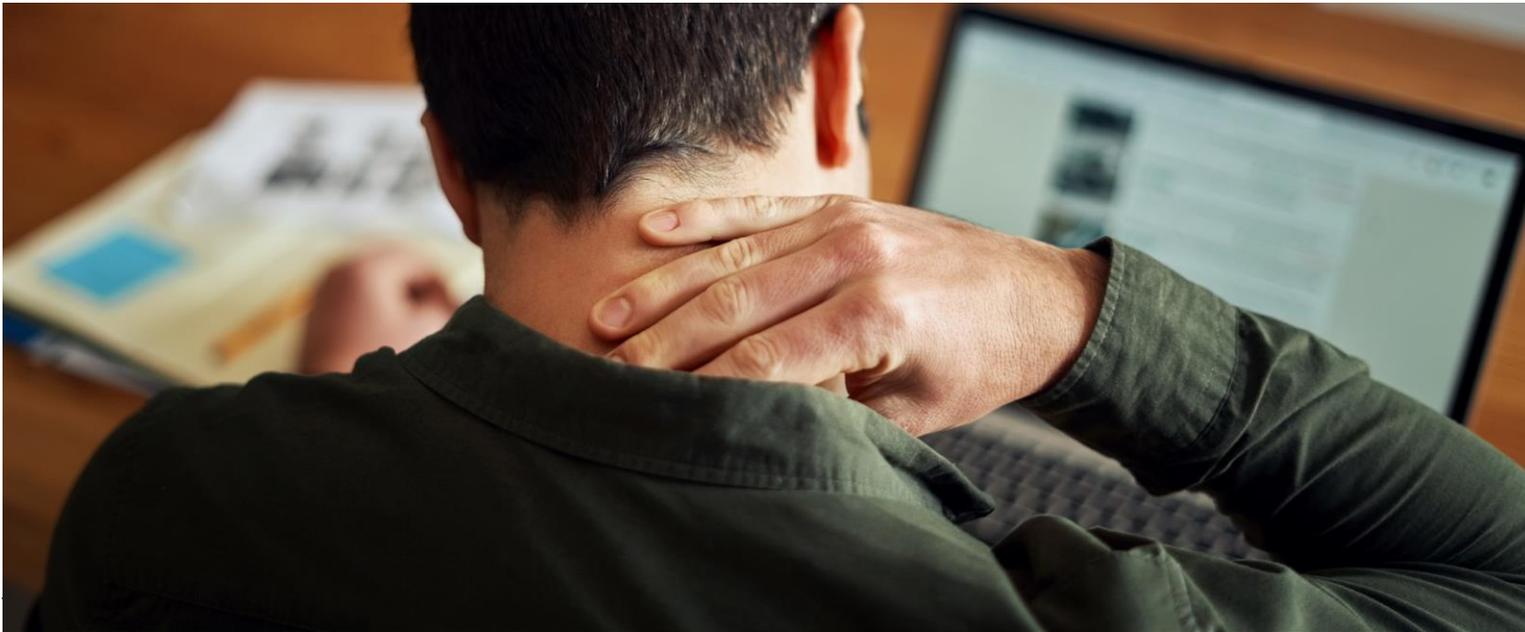


Remote Ergonomics

WEEKLY NEWSLETTER #1: NECK & SHOULDERS



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"Suspending your keyboard from the ceiling forces you to sit up straight, thus reducing fatigue."

ERGONOMICS- WHAT'S THAT?

Ergonomics is the science of fitting jobs to the people who work in them. The goal of an ergonomic program is to reduce work-related musculoskeletal disorders (MSDs).

Well-being tip: MOVE MORE!

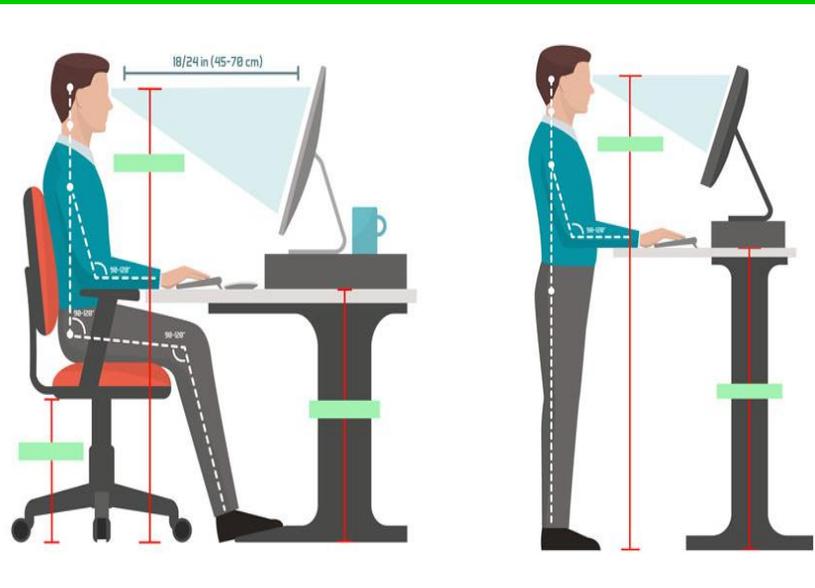
A good guideline to follow is the **20:8:2** ratio. This means for every 20 minutes of sitting, there should be 8 minutes of standing with 2 minutes of movement.

Too much to start with? Try the **90-minute rule**. Make sure to change positions every 90 minutes. Fatigue and soreness can set in if the body stays in the same position longer than 90 minutes.

There are many different schools of thought about the best way to break up your workday between sitting and standing session. The key is to avoid inactivity, so as long as you switch things up you can't go wrong!

Ergonomic Tips:

- ✓ The top of your screen should be at or slightly below eye level and 18-24" away from head
- ✓ Upper and lower arms are around 90 degrees when hands are on keyboard
- ✓ If sitting, sit back into chair fully using it's back/lumbar support
- ✓ If looking down frequently at documents, try a document holder



Common Problems:	Solutions:
Head leans forward placing stress on the upper back, neck and jaw.	Try raising the monitor so top of it just below eye level and head is in neutral alignment while looking at screen.
Leaning forward in chair	Sit fully back in chair and make sure to use the back/lumbar support.
Leaning into computer screen	Make sure you are up to date on your eye exam and wear the proper eyewear if needed.
Feeling stiff or fatigued	Practice proper posture while seated, change positions frequently, and take ergo breaks or stretches.

TRY ONE OF THESE VIDEOS TO STRETCH THE NECK & SHOULDERS!

<https://www.youtube.com/watch?v=R69mbvbEdUY>

<https://www.youtube.com/watch?v=zBVdCkvzp7E>

