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Are you still feeling pain?

Are you still feeling pain even though you've
made adjustments to your workstation?
Speak to your health and safety advisor.

Still unsure? Contact:

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Move more, feel better



Stand up and change your position frequently.
Aim to **move every 15 to 20 minutes** or whenever
you notice poor posture or experience fatigue.

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Three tips for elated arms and stress-free movement

Make sure your **wrists do not bend** up, down or sideways while using the keyboard or mouse.

Make sure your seat **height is adjusted** to help prevent shrugging or hunching your shoulders.

Make sure you do **not need to overstretch** or reach for your mouse or keyboard.



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120° ← → 90°

Are you sitting comfortably?

Adjust the tilt of your backrest so that your **upper body is leaning back slightly**. An angle of 90°-120° is (usually) most comfortable.

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Three tips for monitor happiness

Position is key

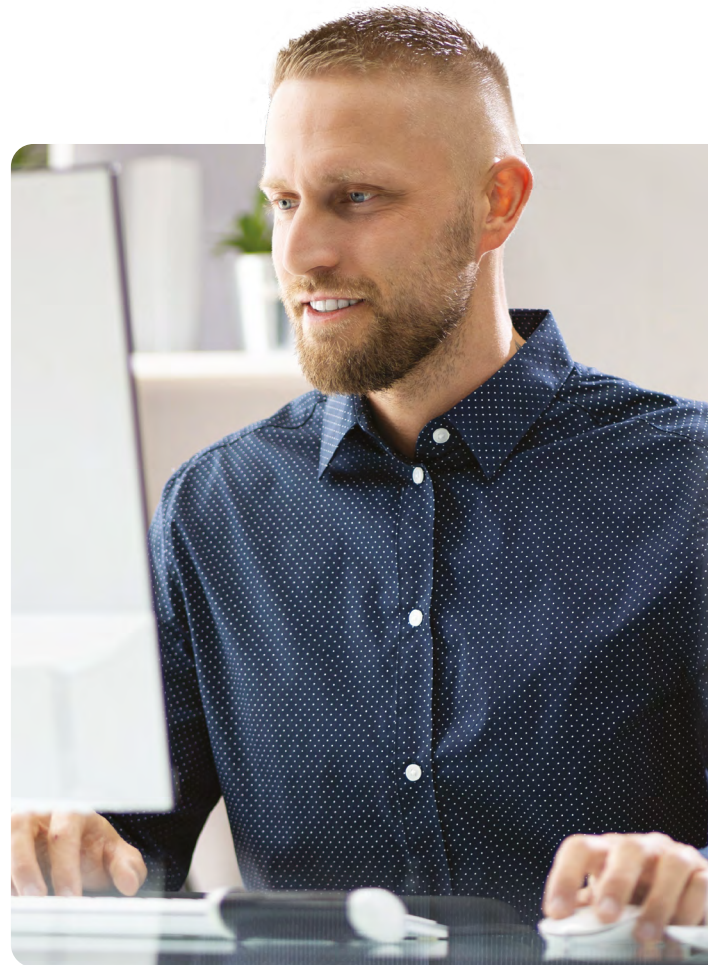
Ensure your monitor is free from glare and reflections

Eye level

Your eyes should be level with the top of the screen's viewing area

Arm's length

Keep it at arm's length (roughly) so you do not strain your eyes



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Look into the future



Staring at one point places prolonged stress on the eye muscles. **Every 20 minutes focus on a distant object for 20 seconds**, allowing your eyes to relax and recover.

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If you're dining, don't go 'al-desko'

As many as two thirds of office workers eat lunch at a desk. This is bad news for productivity and mental fatigue. So get up from the desk and **hit the break out room!**

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Do you feel supported?



To help your back support your weight, **your feet should be flat on the floor or supported by your knees**, which should be positioned slightly lower than your hips.

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Jump up and get down!



Get up and move around periodically so that you aren't using the computer for long periods of time without a break. **A 10 minute break every hour should help!**

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Keep your keyboard close...

Ideally, your keyboard should be **10-15cm away** from the front of your desk. If it's further away, you might consider making some adjustments.

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Don't forget to **blink**

Research shows that **computer users blink less** when staring at their screen, increasing the likelihood of **eyes becoming dry.**



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Tap, tap, complete

Reduce mouse use by **learning a few keyboard shortcuts:**

Copy

CTRL

C

Cut

CTRL

X

Paste

CTRL

V

Undo

CTRL

Z

Bold

CTRL

B

Underline

CTRL

U

Italic

CTRL

I

Print

CTRL

P

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Learn to love the letter L

Keep an L shape between your upper
and lower arms when typing so that you
maintain a relaxed neutral posture.

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