

7 Tips

To stay healthy at work

1. SUPPORT YOUR BODY

Sit in the back of the chair with your back against the backrest. Have your forearms supported while your shoulders are relaxed.

2. WORK IN AN UPRIGHT POSTURE

Place keyboard and screen directly in front of you, with the top of the screen at eye level. Use a documentholder for your paperwork and place it between keyboard and screen.

3. AVOID REACHING

Place the keyboard and mouse close to your body to prevent reaching with the arms. Also put the phone within reach.

4. AVOID SMALL REPETITIVE MOVEMENTS

Typing is healthier than mouse usage, so use as many shortcuts as possible. Move the mouse using your entire arm instead of just using your hand. Do not do everything with one hand, but alternate.

5. MAKE SURE YOU RELAX

Limit your hours of computer work and regularly take short (micro) breaks. Put your hands down for a moment when you are not using the keyboard or the mouse.

6. GET MOVING

Regularly alternate between sitting, standing and walking. Keep your body fit.

7. LISTEN TO YOUR BODY!



COMMON POSTURE

Did you know that misalignment of the monitor has a direct effect on your posture, which can easily lead to physical complaints?



HEALTHY POSTURE

By raising your monitor to eye level, you will automatically adopt an upright posture and avoid neck and shoulder complaints.



View all our ergonomic solutions on www.r-go-tools.com