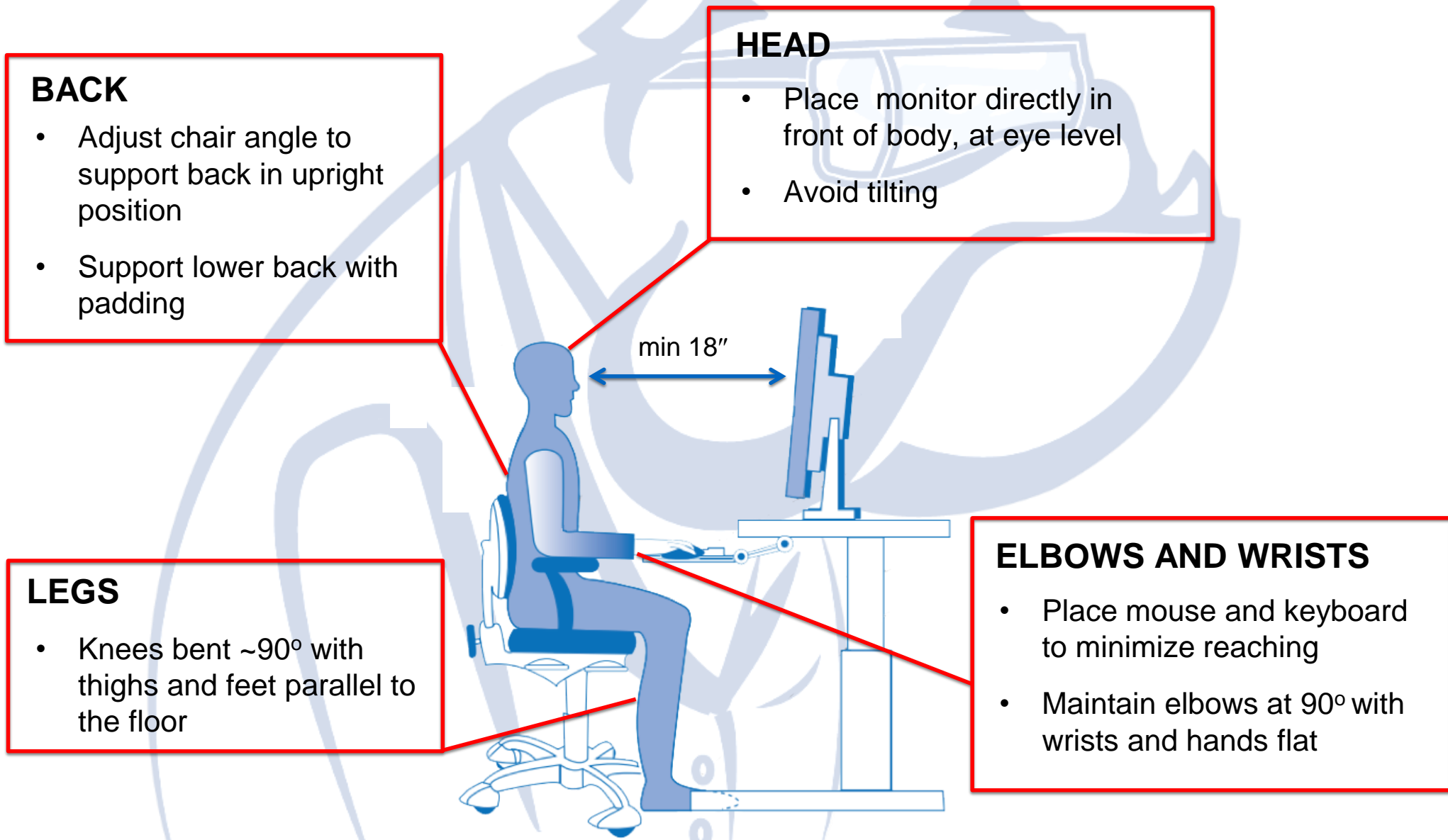


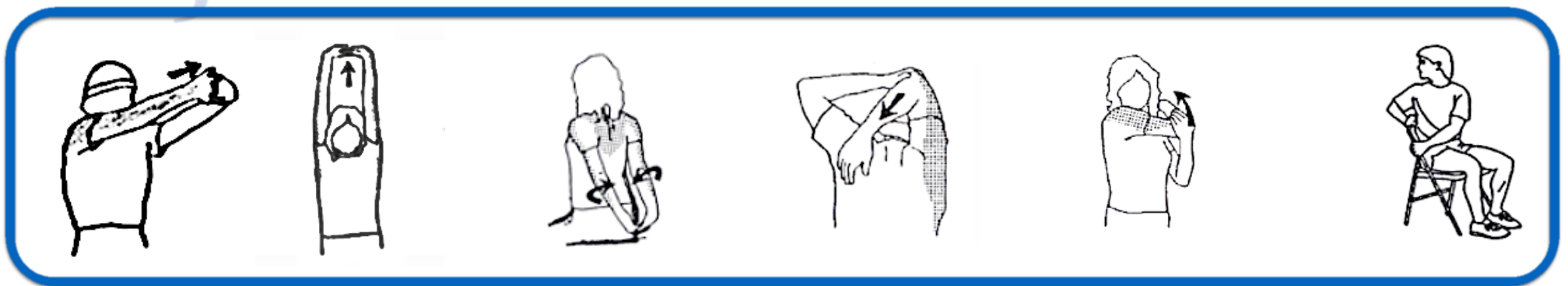
ERGONOMICS

Are you sitting correctly?

Ergonomics reduce risk of Musculoskeletal Disorders (MSDs)



Upper Body Stretches



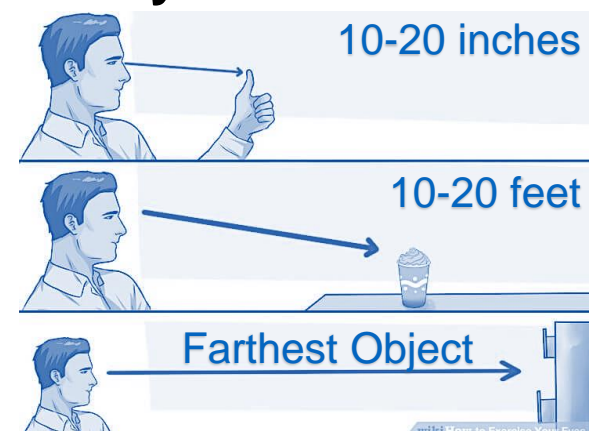
Wrist Stretches



Work Habits

- **2 min** stretch breaks every **20-30 min**
- **5-10 min** break for **every hour** of work
- Intermittent eye breaks and exercises (**10-15 sec each**) to avoid eye strain

Eye Exercises



Resources: <https://ehs.yale.edu/sites/default/files/files/seated-workstation.pdf>
<https://ehs.yale.edu/ergo-videos>
<https://www.uhs.umich.edu/computerergonomics>
<https://ergonomics.ucla.edu/injuries-and-prevention/stretchers/upper-body-stretches.html>
<https://www.pinterest.com/pin/314548355206930272>
<https://www.wikihow.com/Exercise-Your-Eyes>