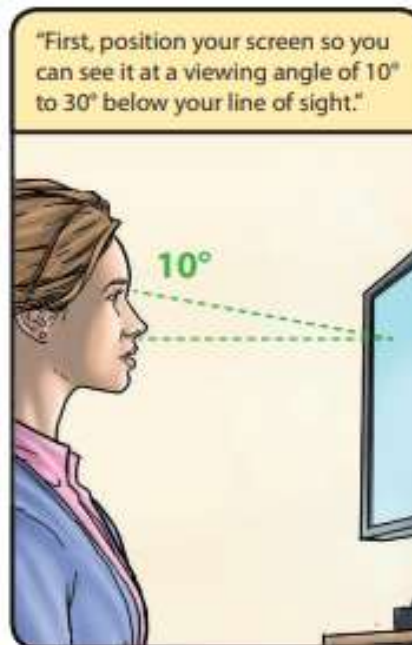
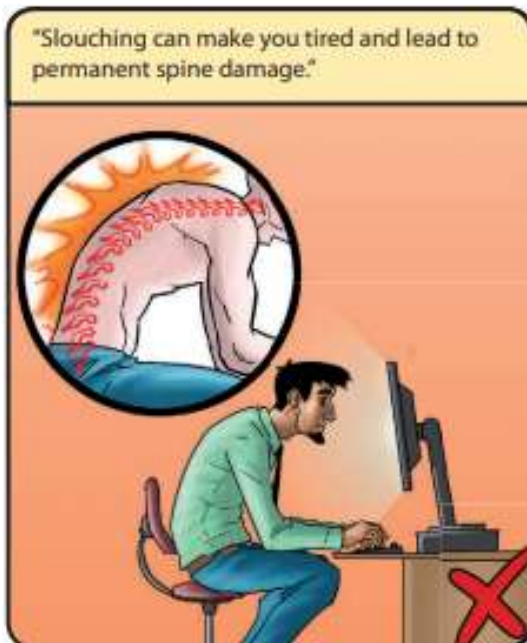


Ergonomics



Continued.

"Clear the clutter from your desk, but keep the essential items close to you to avoid having to reach over."



"And get up and stretch at your desk at least once an hour. For example, you can do the following:"

Calf raises



Leg raises



Bicep curls



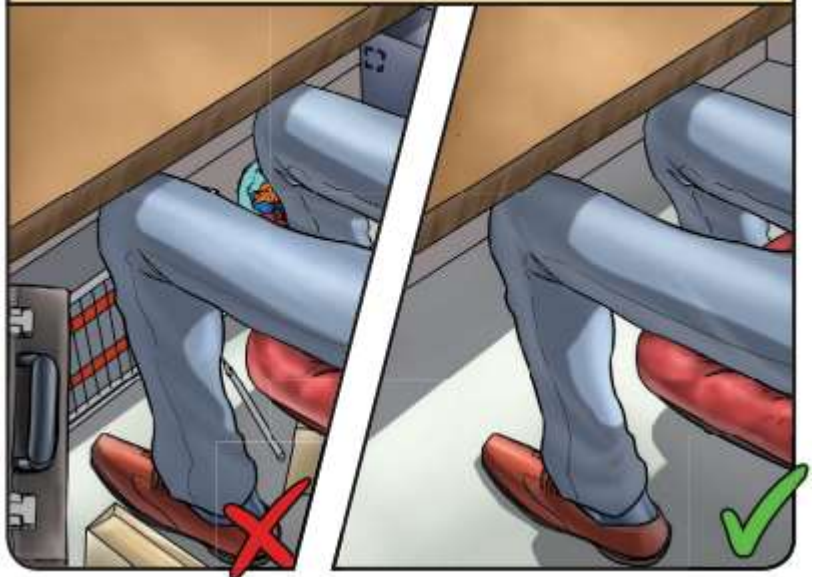
Chair squats



Shoulder Squeeze



"Leave space under the desk to change position often."



"Use a swivel chair with an adjustable seat height."



"Report any ergonomic problems, such as a broken chair, to management."

And if you keep sitting how you used to, try setting reminders for yourself.

Thanks Sarah, I will definitely try it out.

