

TIP OF THE DAY:

ERGONOMICALLY
SPEAKING ...
{SIT UP STRAIGHT
AND DON'T SLOUCH!}

Poor posture can cause immediate and chronic health problems, particularly for those of us who sit at desks for long periods of time performing repetitive tasks such as typing. Slouching and incorrect arm and wrist positions can lead to insufficient blood flow, nerve injuries (especially in wrists), aggravated high blood pressure and muscle pain.

Tips for better posture:

- Ensure you can reach the keyboard with your wrists as flat as possible (not bent up or down) and straight (not bent left or right).
- Check that your elbow angle (the angle between the inner surface of the upper arm and the forearm) is at or greater than 90 degrees to avoid nerve compression at the elbow.
- Keep your upper arms and elbows as close to the body and as relaxed as possible — avoid overreaching. Keep your wrist as straight as possible when using a mouse.
- Sit slightly back in the chair and use a chair with good back support. Place your feet flat on the floor or use a footrest.
- Keep your head and neck as straight as possible.
- Make sure the phone is close to you if you frequently use it.
- Keep the things you use most often closest to you so they can be conveniently and comfortably reached.