

DO YOU SPEND LONG PERIODS SITTING AT YOUR DESK AT HOME OR AT WORK?



A comfortable workspace can help you feel your best. Give your sitting work area a makeover with this visual guide to office ergonomics >>>

If you sit behind a desk for hours at a time, you are not automatically doomed to a life of neck and back pain or sore wrists and fingers!

Using proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable.

- Choose a chair that supports your spinal curves.
- Consider using an ergonomic/ upright mouse to avoid twisting your wrist and arm muscles.
- If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset rather than cradling the phone between your head and neck.
- If your chair is too high for you to rest your feet flat on the floor — or the height of your desk requires you to raise the height of your chair — use a footrest. If a footrest is not available, try using a small stool or a stack of sturdy books instead.
- If you sit for long stretches of time, you place stress on certain muscles. As a result, you are likely to get stiff and sore, so make sure you take regular breaks to walk around and do some stretches.

OFFICE ERGONOMICS - THE IDEAL SETUP



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Suffer from tight shoulders? Is your back ache affecting you?

We can release muscle tension and restore balance to your musculo-skeletal system, reducing strain and discomfort and encouraging the body to heal and repair any injuries sustained.

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