

# WORKSAFE

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## ► Stretching at the Workstation

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**Working at a computer involves very few changes in body position. This lack of movement can lead to muscle pain and strain. No matter how well a workstation is designed, you will need to pay attention to how you work.**

- It is recommended that you take a micro break (stand up and/or stretch) for each hour spent at a workstation.
- Vary the work tasks. Break up keyboarding tasks work by doing other job duties or tasks that involve moving around or changing body position. Try to stand up and move around.
- Look away from the screen occasionally and focus your eyes on an object far away.
- Take regular rest breaks to ease muscle aches, eyestrain and stress.
- Relax your muscles, stretch and change position.

From: **CCOHS, *Office Ergonomics Safety Guide***

Adapted from: [www.ccohs.ca/oshanswers/ergonomics/office/stretching.html](http://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html)

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