

# ERGONOMOMIC EXERCISES

THAT HELP YOU KEEP PAIN AND FATIGUE OUT OF YOUR WORKPLACE

If you notice yourself rubbing your neck, stretching your back, or blinking your eyes, perhaps it's time for some on-the-job exercise. Any physical task you perform over and over again can encourage pain and injury. Here are a few, simple exercises that can provide big relief!



## ACHES AND FATIGUE

To combat on-the-job aches and fatigue, here are some mild exercises and stretches you can do right at your workstation:

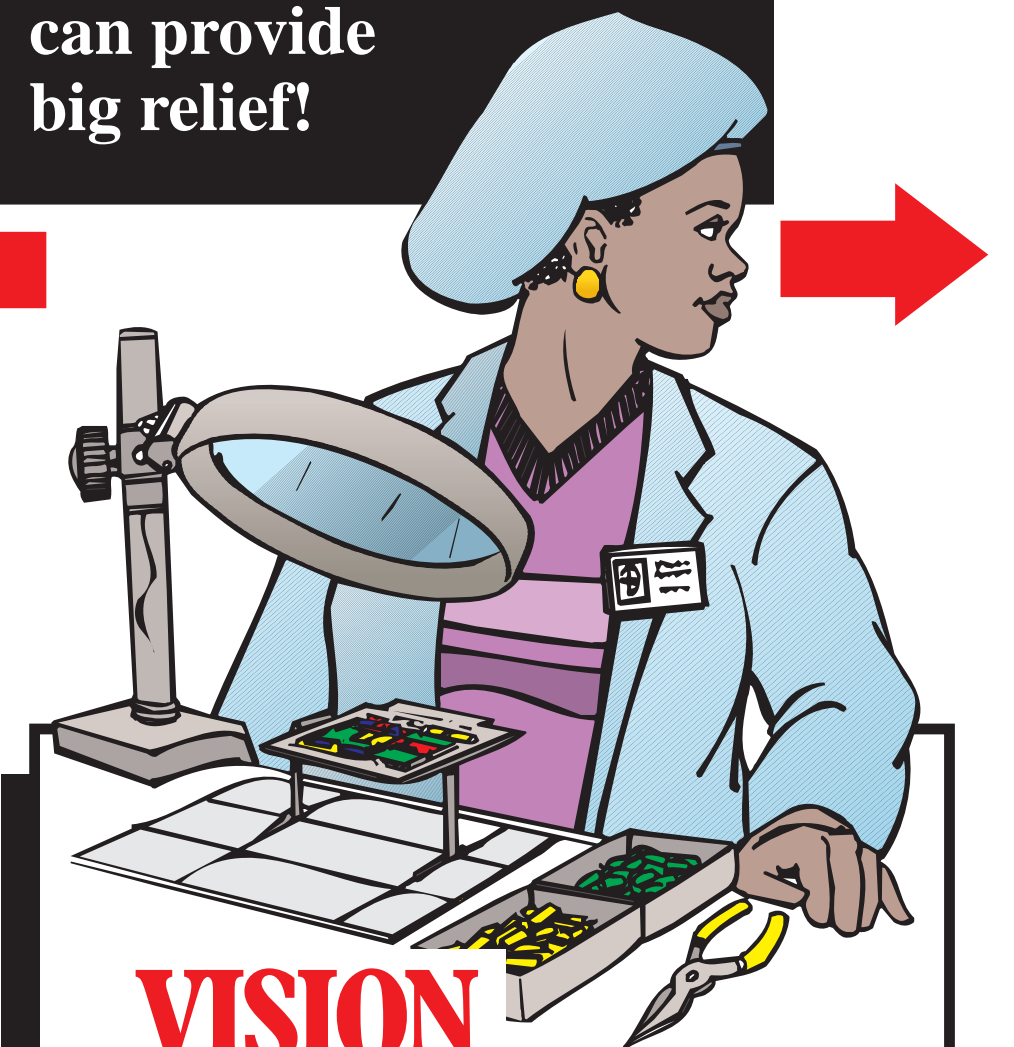
- 1 Deep Breathing** - Promotes diaphragmatic respiration which is key to relaxation. On the count of one, inhale. Hold your breath for counts two and three. Count four and exhale. Repeat several times.
- 2 Head Rotations** - Relieves neck tension. Drop your head forward and rotate it in a circle to the left three times. Repeat motion to the right. Be sure to perform this exercise slowly and avoid bending your head backwards.
- 3 Elbow Presses** - Reduces tension between your shoulder blades. Fold arms at shoulder height in front of you, then push elbows back. Hold for a few seconds, then repeat as necessary.
- 4 Shoulder Rolls** - Loosens tight neck and upper arm muscles. Roll your shoulders in a wide circular motion to the front. Repeat several times, then perform the same movement to the back.
- 5 Body Bend** - Similar to toe touches, only in your chair. From a sitting position, slowly bend your upper body down toward your knees.
- 6 Leg Pulls** - Helps stretch out your lower back and upper leg muscles. From a sitting position, grasp the shin of one leg and slowly pull it toward your chest. Hold for a couple of seconds. Do the same on the other leg. Repeat.



## SIDESTEPPING CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome is a painful disorder caused by stressful, repetitive hand motions. The following stretching exercises can reduce the threat:

- 1** Tightly clench your hands and release; then fan out your fingers. Repeat five times.
- 2** Rest your forearm on the edge of a table. Grasp the fingers of one hand and gently bend back your wrist for five seconds.
- 3** Gently press your hand against a table, stretching your fingers and wrist for five seconds.
- 4** For five seconds at a time, make a loose fist and gently press down against your other hand which is clenched. Be sure to keep your wrists straight. Do the exercise with the palm up, palm down, and thumb side of fist up. Repeat these three positions with the unclenched hand pressing up on the clenched hand.



## VISION BREAKS

Taking a short vision break every half hour or so will help relax your eyes. The following exercises will ease eye strain:

- 1 Palming** - Form shallow cups with the palms of your hands. Place them lightly over your closed eyes, and keep them there for about one minute. Do not put direct pressure on your eyeballs.
- 2 Focus Change** - Look at and focus directly on an object at least 20 feet away. Hold this distant focus long enough for your eye muscles to adjust, move, and expand. Repeat.
- 3 Deep Wink** - Close your eyes tightly for several seconds. Then open them very wide, holding them for a few seconds. Repeat.