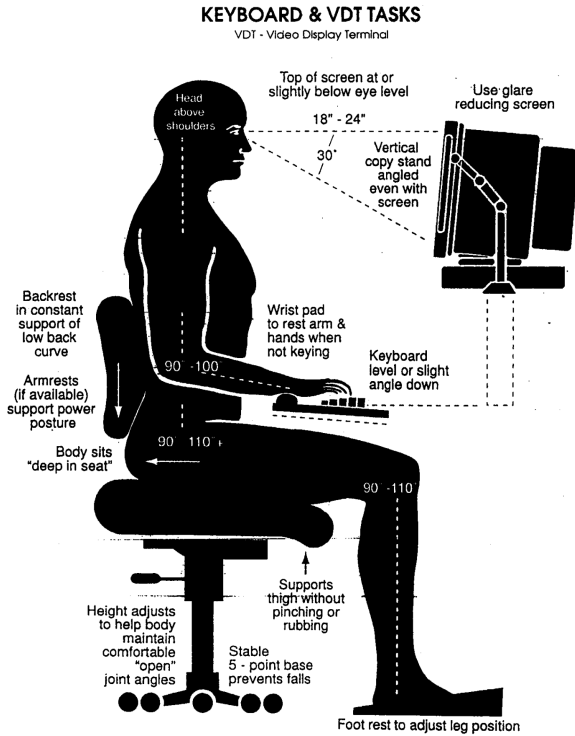


AYO WORK STATION ERGONOMICS AND CHAIR SIDE EXERCISES 2020



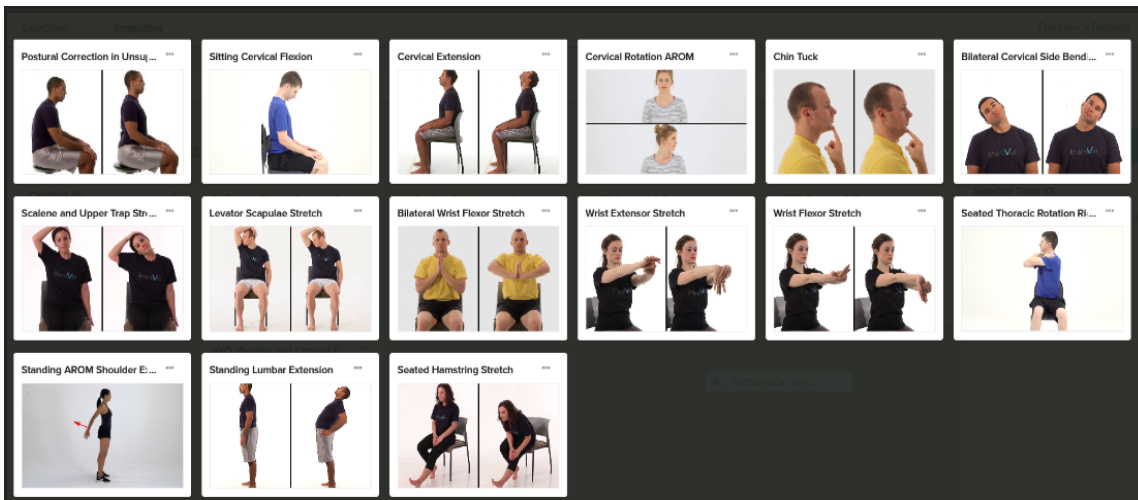
There is no ultimate seated posture, but change positions often and do not assume any one static posture for longer than 20 min at a time. Get up from your chair often and walk around for a bit or do some other tasks, and incorporate your mine break work out exercises.

You can put your monitor up on some books to get it at the level of your eyes. Use a small pillow at the bottom to support your back and put your feet up on an object to get the right seat height.

If you work on a lap top consider using an external keyboard, mouse and monitor to better your work station for long term use.



Rub your hands together 1-2 min and then cup them gently over your eyes. After 20-30 min of continues focus on a monitor or source material, shift gaze to some object at least 20 feet away for 20 seconds. This will assist you in decreasing eye strain. Consider using a monitor screen and make sure you place your monitor towards your window to decrease glair.



Try to do these exercises on a daily basis (before, during and after a work day), and concentrate on the areas that you feel are the most fatigued. Do the exercises slowly and hold the stretches for one to three relaxing breaths and try to do 3 of each exercise. Do not continue with these exercises if it causes pain, dizziness or nausea and consult a health professional if discomfort continues.