



# Work healthy

## Limit computer strain on your body

### More people use computers and portable devices than ever before. And many work at a computer all day.

Sitting and staring at the screen, making the same hand and finger movements day after day can cause eyestrain, blurred vision, headaches, muscle pain and repetitive motion injuries.

The goal of office ergonomics is to create a work space that fits you. It focuses on how things are set up in your work space, such as:

- Your workstation, how you sit and how long you stay in one position
- The kinds of movements you make, and whether you make the same movements over and over
- Your work area, including light, noise and temperature
- The tools you use to do your job and whether they fit your needs

**Work toward better workplace health** — get on the path to a healthier you.

### Reduce your risk

Here are some tips to help you work more comfortably and prevent injury:

- Place your work directly in front of you and sit tall while you work
- Try not to put too much stress on one area of your body, such as your lower back or arms
- Turn with your whole body instead of twisting to face your work
- Take breaks to stretch, switch tasks or get out of your chair every 20 to 40 minutes

You may be at greater risk for injuries at work if you have other health problems, such as arthritis or emotional stress.

### Talk to your employer

It is important to talk to your employer, especially if you feel any pain or discomfort doing your job. This can include pain in your:

- Back
- Hand, wrist or arms
- Neck and shoulders

Source: Healthwise, Incorporated. Available at [www.healthwise.net/aetna](http://www.healthwise.net/aetna). Accessed 1 March 2017

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