



Wellness programs for the enlightened business.

Preventative Guidelines To Minimize Computer-Related Stress Injuries At Work

Carpal tunnel syndrome and other repetitive stress injuries are painful, common - and thankfully completely preventable. Learning preventive tips and guidelines will keep you and your workforce safe and symptom free.

Tips to prevent repetitive strain injuries and other disorders:

- Sit with the spine lengthened and neck long and slightly tucked
- Tilt and adjust the height of your seat so your pelvis is angled slightly forward and your knees are slightly lower than the level of your hips
- Take typing breaks at least every 45 minutes for at least five minutes, take a walk and stretch during that time
- Include yoga stretches and upper body strengthening exercises into your daily routine for alignment refinement, flexibility and strength
- If you are already feeling discomfort, such as burning or numbness in your limbs, hands and fingers, see a healthcare professional right away.

[Contact Unity Wellness Group](#) if you feel your work environment could benefit from an [Ergonomic Office Evaluation](#). We will conduct a thorough assessment of your current set up and make recommendations on how to:

- safety-proof your work environment
- help support staff on proper workstation set up
- procure ergonomically safe equipment for your office
- educate staff and prevent injuries on the job

Remember...when it comes to ergonomics, "An ounce of prevention is worth a pound of good".