

Rest breaks

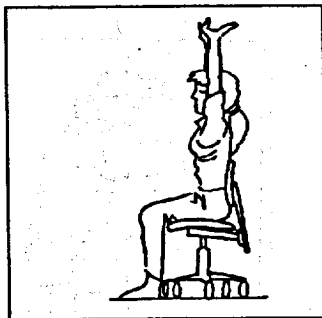
Breaks provide an opportunity to relax eyes, stretch muscles, socialize or to have a quiet moment by yourself. Work area mini-breaks can help revitalize your body and mind. Alternate work tasks between VDT work with non-VDT work. This will help vary body position and help reduce muscle effort.



The computer user's workout

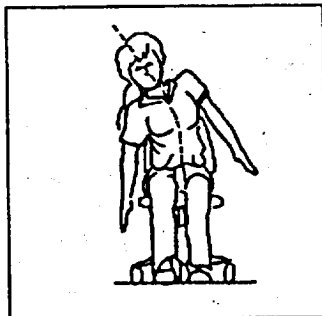
Exercises help to relax muscles, reduce stress and lessen the general fatigue that can set in when sitting and concentrating for long periods of time. The following exercises can be done during the day at your workstation. Perform the exercises when you feel the need.

Do these exercises slowly and smoothly (provided that no pre-existing medical condition prevents you from doing them). Stretch and hold for a few seconds, then relax and repeat. All the exercises can be done in a comfortable five-minute routine. Remember not to hold your breath. Exhale as you bend or stretch.



Tall Stretch

Interlock fingers, palms up. Stretch arms above the head until they are straight. Do not arch the back.



Side Stretch

Drop left shoulder, reaching left hand towards the floor. Return to starting position. Repeat on right side.