

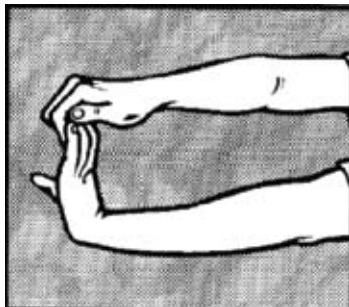
Rest breaks and keyboard work

The key to preventing overuse injuries is to break repetitive work with non-repetitive tasks or exercises and/or rest breaks. Employees need to move around and reduce the effects of fatigue by doing different tasks. However rest breaks should be taken if the job requires a sustained period of repetitive or static activity because task variation is not possible.

Frequent short breaks are most effective in relieving the strain associated with keyboard work. For reasonably sustained keying activity a break should be taken for a few minutes every hour.



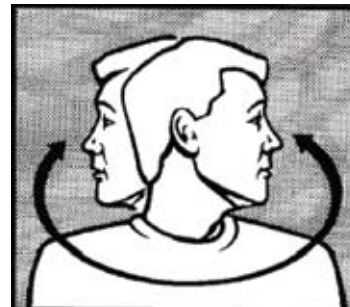
Bend your wrist and fingers with your other hand, bending your elbow slightly at the same time, until you feel the stretch over the back of your forearm. Hold the position for 30 seconds.



Stretch your arm out in front of you with your elbow straight, palm facing away from you (fingers pointing up or down). Then with your other hand pull your fingers backwards until you feel the stretch over the front of your forearm. Hold the position for 30 seconds.



Tuck your chin down onto your chest and gently turn your head from side to side, keeping your chin on your chest. Do this ten times.



Turn your head slowly from side to side ten times.

Exercise for rest breaks



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



Toe-in, toe-out:
Place feet shoulder-width apart, heels on the floor. Swing toes in, then out.



Shoulder roll:
Roll the shoulder - raise them, pull them back, then drop them and relax. Repeat in the opposite direction.



Side stretch:
Drop left shoulders, reaching left hand towards the floor. Return to starting position. Repeat on right side.



Back curl:
Grasp shin, lift leg off the floor. Send forward curling the back, with nose towards the knee.
Note: This exercise should be avoided in pre- or post-natal conditions.



Ankle flex:
Hold one foot off the floor, leg straight. Flex ankle (pointing toes up) and extend (pointing toes toward the floor). Repeat with other leg.



Leg lift:
Sit forward on the chair and place feet on the floor. With a straight leg, lift one foot a few centimeters off the floor. Hold for a second and then return it to the floor. Repeat with the other leg.