

Remedies for Computer Workstation Pains™

Adequate Breaks From Computer Use

It's the middle of the afternoon and you're at the computer. You have a headache, your eyes are tired, your neck is stiff, your back and wrist are competing for attention and you have work to accomplish. Has this ever happened to you? You're probably not *ergonomically correct* and certainly in need of a break.

Sitting at a computer is strenuous work

It requires you to *use many muscles* to hold your head up, your upper body weight upright, and your hands above the keyboard. While sitting, lactic acid and other toxins build up. This can cause fatigue reducing your comfort and productivity.

While your postural muscles are being overworked your wrist, hand, and fingers are moving *repetitively* over the keyboard and mouse. This continuous action of muscle-tendon movement inflames the tendons and puts pressure on the median nerve. These repetitive or prolonged positions can cause micro trauma, which over time can lead to musculo skeletal disorders.

To relieve strain and fatigue that can lead to injury, the body needs rest periods. We are industrial athletes requiring stretch breaks, micro breaks, power pauses, and regular breaks to help avoid computer-related pain.

Why stretch at the computer?

It can relax tight muscles, reduce fatigue, increase circulation, boost your energy level, guard against computer-related injuries, decrease joint stiffness, and decrease muscle soreness. Stretching allows oxygen-poor blood to be squeezed out of the muscles and replaced with oxygen-rich blood.

Cornell University conducted a study, observing more than 3.9 million keystrokes. They reported a ***13.5% reduction in errors and a measurable 1% productivity gain just from micro breaks.***

How much time do you waste catching and correcting errors...or do customers remind you of your errors? Take frequent short breaks.

Dave Pfeil

Ergonomic Strategist

Dave @ErgoCorrect.com