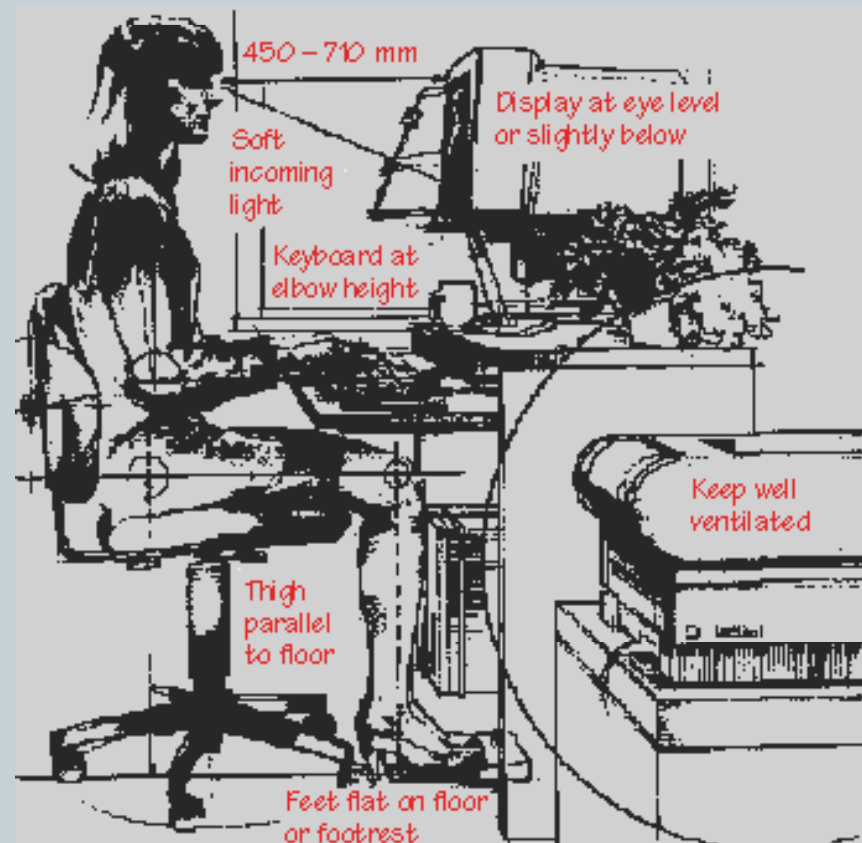


# Safety: Ergonomics

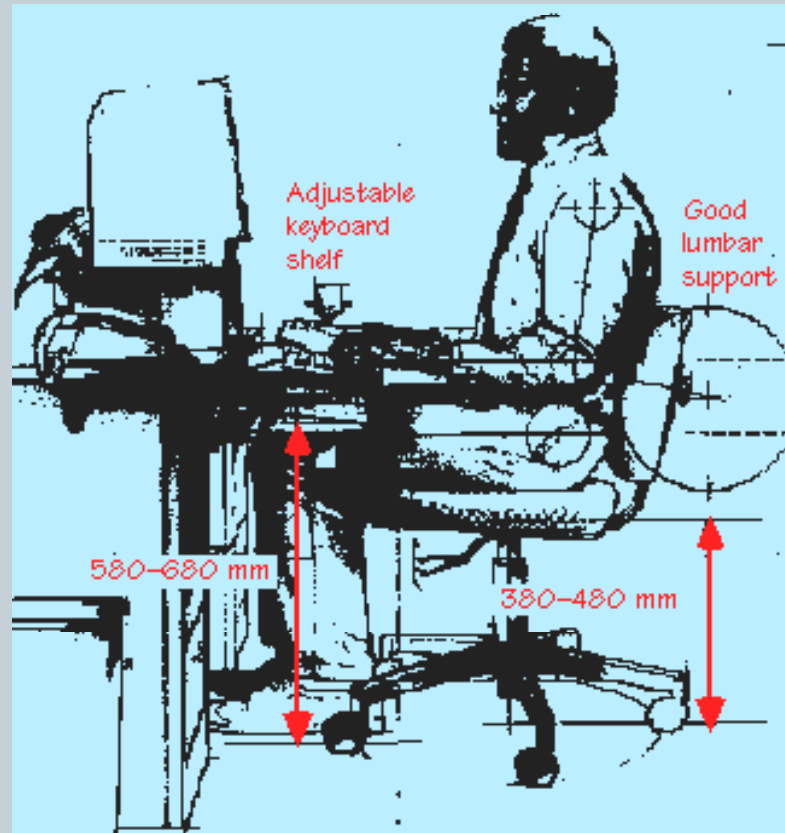


**HEALTH AND SAFETY ISSUES OF CONCERN**

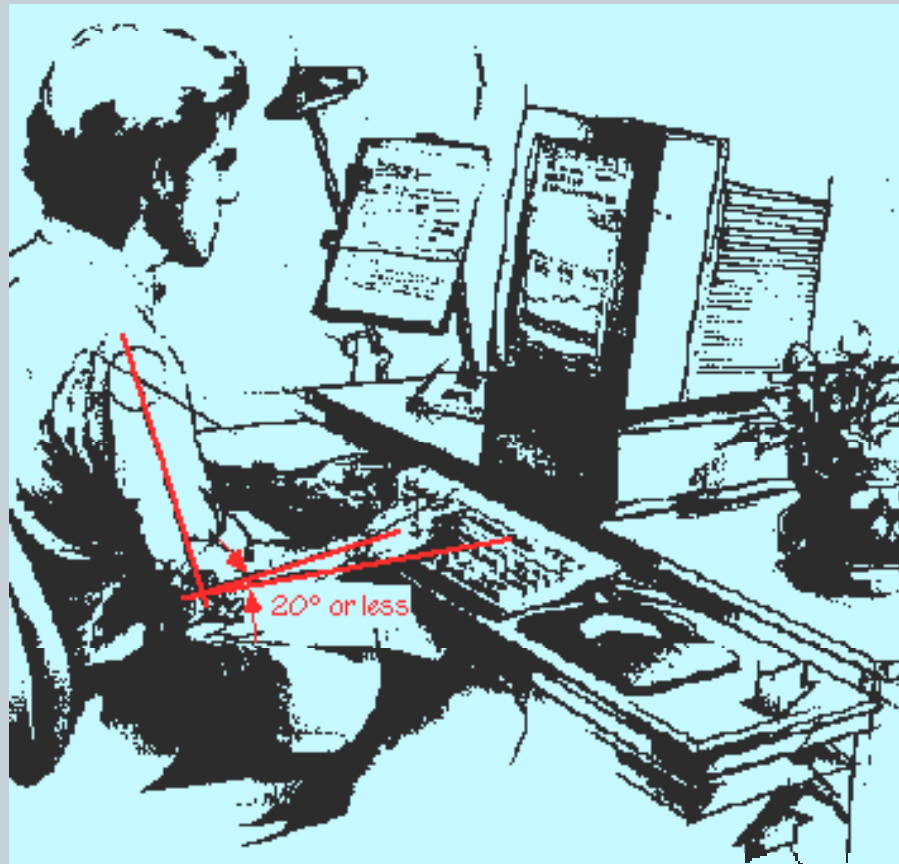
# Workstations



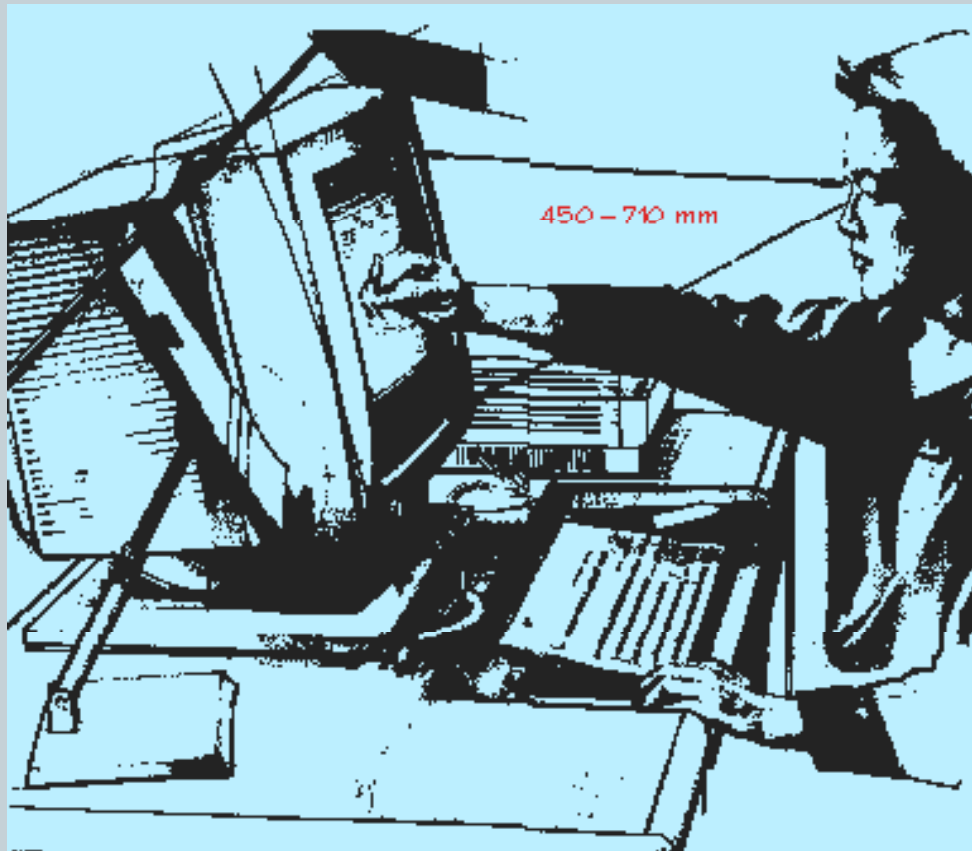
# Workstations



# Workstations



# Workstations



# Workstations

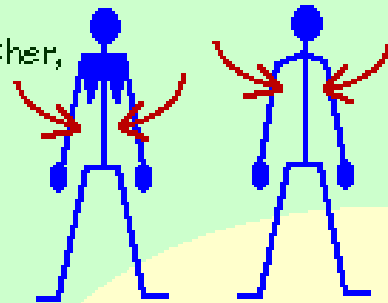


# Workstations



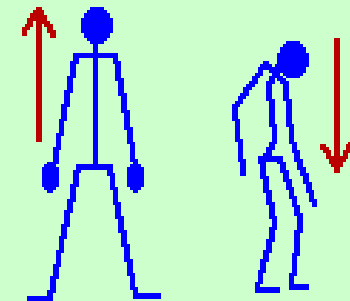
## Exercise 1

Draw shoulders together, then round shoulders forward (5-15)



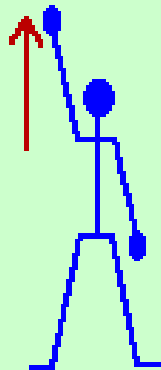
## Exercise 4

Alternately stand as tall as you can, and then relax and go loose like a rag doll (10-20)



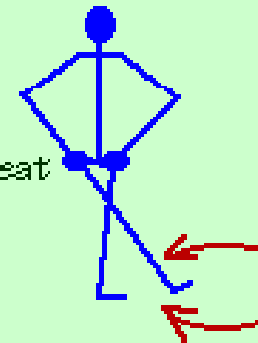
## Exercise 2

One arm held up straight above shoulder. Push up toward ceiling. Repeat with other arm (5-15)



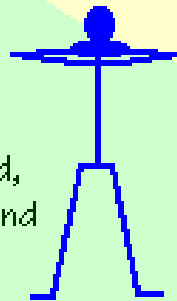
## Exercise 5

Hands on hips, lift one leg forward, circle the foot in one direction, then the other. Repeat with other leg (7-15)



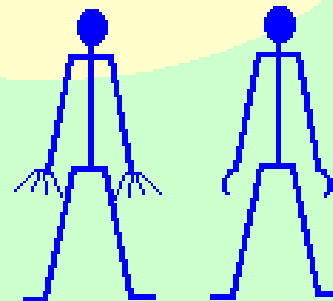
## Exercise 3

Clasp hands behind head, push head into hands, and relax (7-15)



## Exercise 6

hands by sides, slowly spread fingers, and relax (7-15)

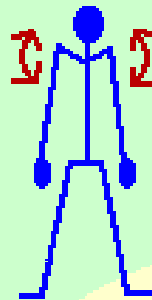


# Workstations



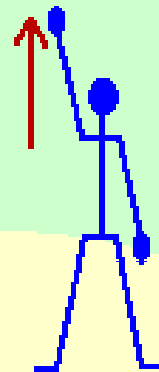
## Exercise 1

Shoulder circling,  
backward & forward  
(5-15)



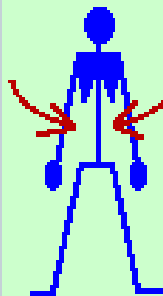
## Exercise 4

Hold one arm straight up above  
shoulder. Push up towards  
ceiling. repeat with other arm  
(5-15)



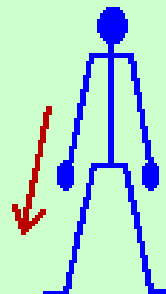
## Exercise 2

Draw shoulder blades  
together (towards the spine)  
and then relax (10-20)



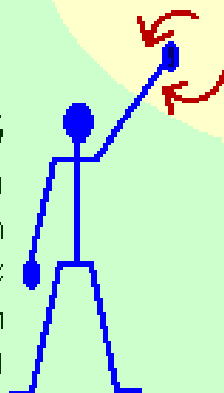
## Exercise 5

Arms by the side. Push one arm  
straight down towards the floor.  
repeat with the other arm (5-15)



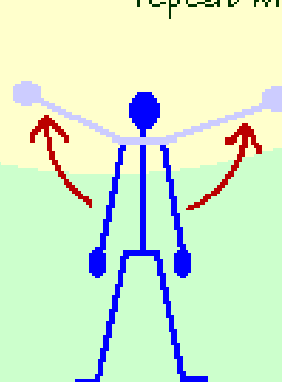
## Exercise 3

Circle one arm  
forward and then  
backward. repeat  
with other arm  
(5-15)



## Exercise 6

Lift both arms out to the  
side, palm up. repeat with  
palm down (5-15)





# Workstations

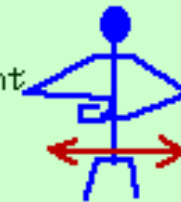


## Exercise 7

Place one hand on opposite shoulder. Pull shoulder down while bending head towards other shoulder. Repeat on other side (5-15)

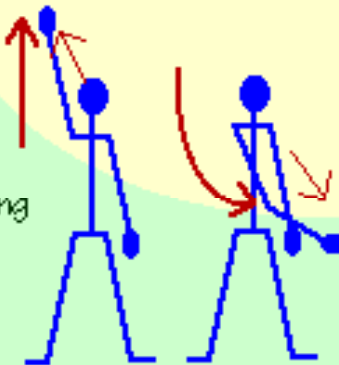
## Exercise 9

Link fingers together in front of body, then try to pull them apart (10-20)



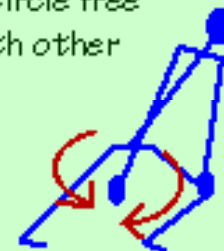
## Exercise 8

Swing one arm down towards in front of opposite hip, following with your eyes, then swing arm up and backwards, diagonally following with the eyes (10-20)



## Exercise 10

One foot in front of the other, lean forward from the hip supporting arm on forward thigh. Circle free arm. Repeat with other arm (10-20)



# Workstations



## **Exercise 11**

Hands on lower chest, breathe deeply and slowly in through nose, out through mouth expanding lower chest (10 breaths)

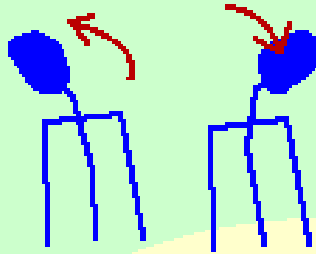


# Workstations



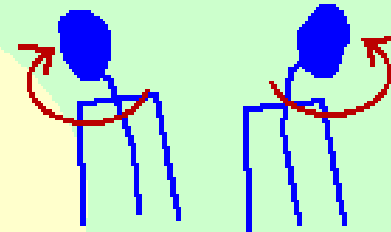
## Exercise 12

Tuck chin and bend head forward and back very slowly (5-15)



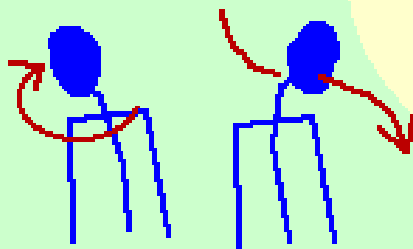
## Exercise 15

Tuck chin in, circle head in one direction very slowly. Repeat in other direction (5-15)



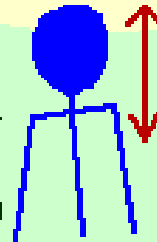
## Exercise 13

Turn head and look over shoulder, then down over opposite hip. Repeat in opposite direction (5-15)



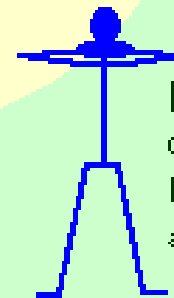
## Exercise 14

Tuck chin in and nod head (10-20)



## Exercise 16

Clasp hands behind head, push into hands and relax (7-15)

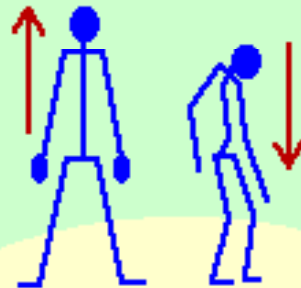


# Workstations



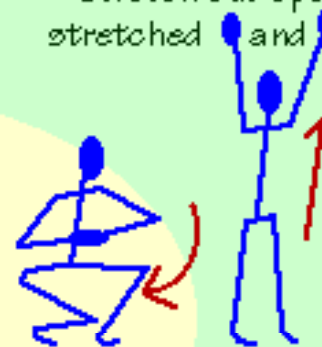
## Exercise 17

Alternately stand as tall as you can, tucking chin, stomach and bottom in, and then relax and go loose like a rag doll (10-20)



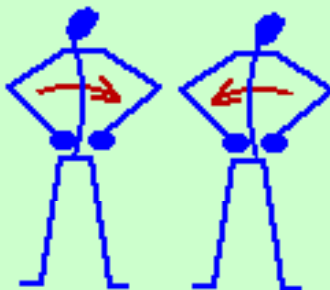
## Exercise 20

Crouch down folding arms into body, stretch out opening until fully stretched and standing on toes



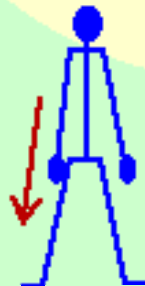
## Exercise 18

Place palms across the small of your back, bend and arch spine (10-20)



## Exercise 19

Arms by the side. Creep fingers down one thigh towards knees. Repeat on other side (5-15)



## Exercise 21

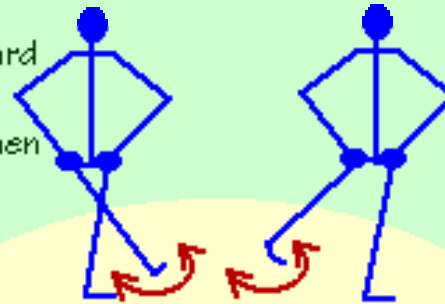
Lift one leg towards chest, clasp with arms towards the body keeping spine straight and chin tucked in. Release and stretch out fully. Repeat with other leg (5-15)



# Workstations

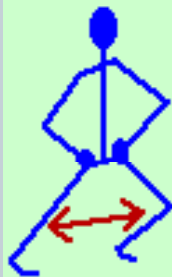
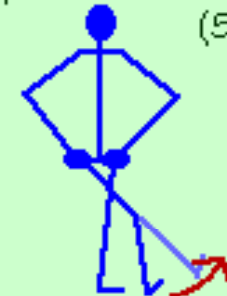
## Exercise 22

Hands on hips, lift one leg forward pointing toes. Circle leg in one direction and then the other, then lift leg backwards. Circle again. Repeat with other leg (5-10)



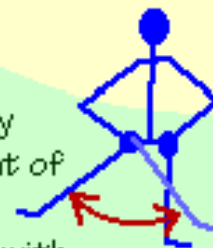
## Exercise 25

Hands on hips, lift one leg forward, bend the knee and straighten. Repeat with other leg (5-15)



## Exercise 23

Hands on hips, one foot in front of the other. Rock forwards and backwards slowly. Repeat with other leg forward. (10-20)

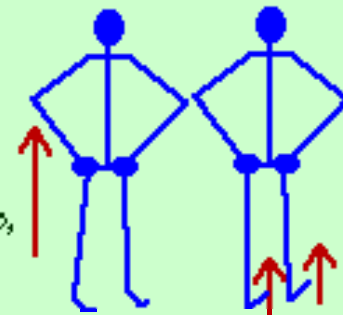


## Exercise 24

Hands on hips, lift one leg slowly out to the side and then in front of the other leg. Repeat in other direction. Repeat whole routine with other leg (5-15)

## Exercise 26

Hands on hips slowly lift up on toes, lower slowly, then pull toes up and balance on heels, lower slowly (10-20)

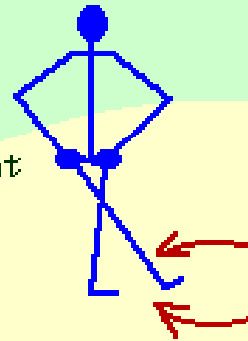


# Workstations



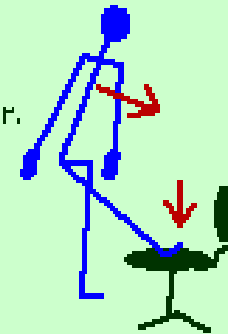
## Exercise 27

Hands on hips, lift one leg forward, circle the foot in one direction, then the other. Repeat with other leg (7-15)



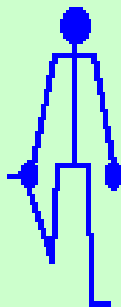
## Exercise 29

Stand on one leg, put heel of other leg on chair. Lean forward and push down with foot as hard as you can. Repeat with other leg (3-10)



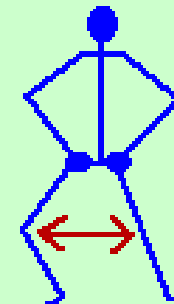
## Exercise 28

Stand on one leg, bend other leg backwards. Keeping thigh straight. With hand pull foot to touch back of thigh, hold for a few seconds, return foot to floor. Repeat with other leg (5-15)



## Exercise 30

Hands on hips, place one foot to the side, rock to that side and return. Repeat with other leg (10-20)

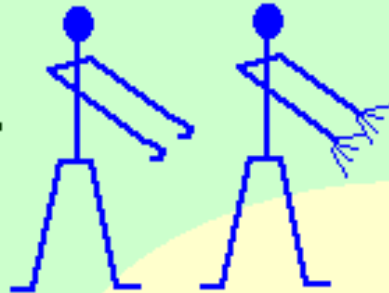


# Workstations



## Exercise 31

Lift arms forward, slowly clench fists, open and spread fingers (10-20)



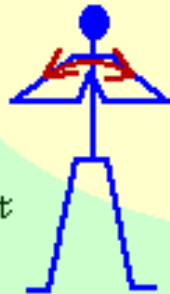
## Exercise 33

Bend wrist and fingers of one hand towards the palms slowly, applying over pressure with the other hand. Repeat with the other hand (10-20)



## Exercise 32

Put palms together in front of chest, tips of fingers pointing upwards. Push fingers left and right alternately (10-20)



## Exercise 34

Lift arms forward, circle hands at wrists. Drop hands to the side, repeat circling. raise arms above head, repeat circling (5-15)

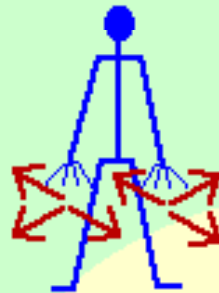


# Workstations



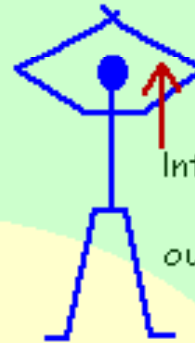
## Exercise 35

Hands by the sides, shake vigorously (2-5 x 30 seconds)



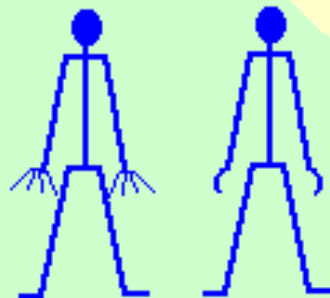
## Exercise 37

Interlock fingers, lift arms above head with palms outward. Stretch up, hold and relax (5-10)



## Exercise 36

Hands by the sides, slowly spread fingers and relax (10-20)



## Exercise 38

Interlock fingers behind back, lift arms as far back as you can, hold and relax (5-10)





# Workstations



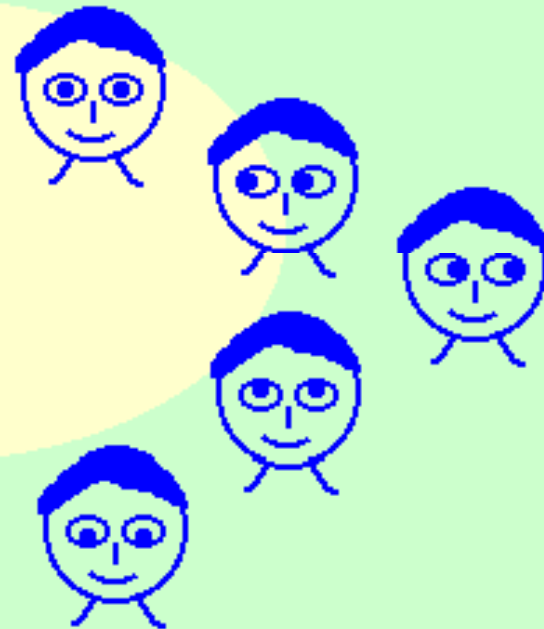
## Exercise 39

Open eyes wide, raise eyebrows, then close eyes as tightly as possible (10-20)



## Exercise 40

Look straight ahead, roll eyes to one side then the other, then up and down (5-10)



# Workstations



- Practice these exercises often.
- When you are sitting in an office, and wondering why you're feeling stiff, tired, and unable to concentrate, performing these exercises will help.