



Take A (micro) Break

Every hour
for at least five minutes



Get Moving

Try Microbreak Exercises

When you exercise and move around, you activate your muscles and help improve circulation, energy, and mood. At the very least look away, stretch, get up, or walk. This can help you feel refreshed when you resume your work. Giving your body a break from prolonged and/or repetitive activities can help reduce your risk of injuries.



Change Positions

The Next Position is the Best Position

No matter how good your posture is, if you have not moved in an hour, you are still loading the same structures in your body in the same direction for an hour.

Switch It Up

Take active breaks by changing how you perform a task to reduce risk of repetitive motion injuries. *If able, try standing, varying your sitting positions, standing with one leg forward, switching hands, changing locations or alternating tasks.*



Check Your Posture

Check In With Yourself

Bring your equipment to you instead of conforming your body to your equipment. Try setting a timer every 30 minutes to identify and correct any awkward postures. *Have you been hunched over your laptop? Leaning on your elbow? Crossing your legs? Rotating your neck to the right? Holding your fingers up when mousing?*



Be Well

Stay Hydrated

Remember to keep drinking plenty of fluids. Take opportunities for water breaks.

Take Care of Yourself

You can work more effectively and comfortable when taking care of all aspects of your health and wellness.

Reduce Eye Strain and Fatigue



Protect Your Eyes

20

Every 20 minutes
of screen time

20

Look away for
≥ 20 seconds

20

At something
≥ 20 feet away



Hydrate Your Eyes

Remember to blink



Minimize glare

Avoid facing or having your back to a window

Questions?

For general ergonomics information, or to schedule an ergonomics assessment, contact Karyn Jeffrey at x4174.



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