

HOW TO SIT AT A COMPUTER?



PROPER SITTING POSTURE

- 1 Keep your head up even if you have to look down at the screen.
- 2 Protect your eyes from fatigue:
 - use glasses with a filter;
 - do eye exercises.

3 Position the monitor at 45–70 centimetres from your eyes at an angle.

4 Leave a distance of 10–15 centimetres between the keyboard and the edge of the table.

TAKE A BREAK EVERY 25 MINUTES



MONITOR

Adjust distance and height: The top of the monitor should be placed at eye level and have a slight tilt.

KEYBOARD

Place keyboard in front of your body: do not bend to use it.

CHAIR

The chair should have a backrest and armrests, and be adjusted by height.

HANDS

Relax your shoulders with your forearms parallel to the floor. Minimise any twisting of your wrists.

FEET

Keep both feet flat on the floor. Rest them on a footrest, if necessary.

LEGS

Keep upper legs parallel to the floor.

OFFICE EXERCISES

TO PREVENT BACK PAIN

- 1 Grasp the back of your chair. Pull it up as if you want to raise it. Change hands.
- 2 Twist your upper body to each side (5–7 times).
- 3 Bend your upper body sideways.

HAND EXERCISES

- 1 Keep your hands hanging while reading paper documents.
- 2 Place your hands above your knees. Try to raise your legs and press against with your hands.
- 3 Fold your hands together and rotate your wrists.

LEG EXERCISES

- 1 Place your feet straight with your knees at right angles. Raise your legs on your toes one-by-one, while straining your calves.
- 2 Rotate your feet.

BODY EXERCISES

- 1 Stretch your legs forward and raise your arms up. Stretch yourself several times.
- 2 Move your shoulder forth and back, squeezing shoulder blades together.



BACK? PAIN!



TIPS:
HOW TO KEEP YOUR BACK HEALTHY

BACK? PAIN!

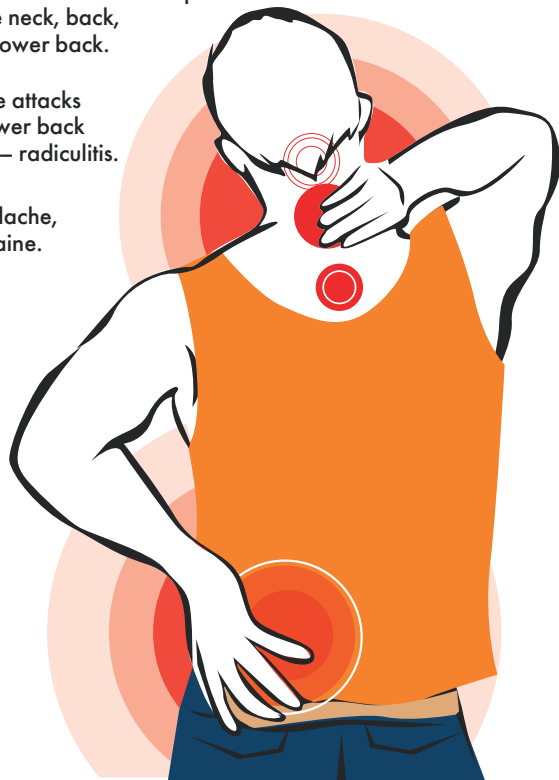
Back pain is a spinal problem that affects, in average, every fourth person in the world (WHO data).

HOW TO PREVENT:

- 1 Do regular physical exercises.
- 2 Avoid excessive static or dynamic loading your spine (for example, lifting weights).
- 3 Lead an active lifestyle, move more.

SYMPTOMS:

- 1 Constant or intermittent pain in the neck, back, and lower back.
- 2 Acute attacks of lower back pain – radiculitis.
- 3 Headache, migraine.



HOW TO KEEP YOUR BACK HEALTHY

TIPS:

BODY POSTURE:

- 1 Work with a straight back.
- 2 Alternate between sitting, standing, and walking.
- 3 Support your lower back while sitting.
- 4 Rest on both legs. Don't put your knees together.
- 5 When you suffer from back pain, lie down on your back or on your side which makes you comfortable. Don't sleep on your stomach.

WHEN MOVING AND LIFTING LOADS:

- 1 Turn using your legs, not your back.
- 2 Use heavy lifting equipment.
- 3 Use heavy lifting equipment. Load must not obstruct the view. Turn one foot in the direction of movement. Bend your knees, keep your back straight. Lift with your legs, not your back.
- 4 Pushing is easier for your back than pulling.
- 5 Avoid psychological stress.
- 6 If you pull a heavy object (which is worse for your back), put your support leg behind. Keep your arms and back straight. Use your body as a counterweight.
- 7 Boost your endurance and physical strength. Swimming, walking, and cycling are helpful.
- 8 Dress for the weather. Keep your back and your joints dry and warm.
- 9 Footwear should be comfortable, non-slippery, with a springy heel and ankle support.

EXERCISES FOR HOME AND temporary accommodation facilities

1 BIRD-DOG EXERCISE



Start on hands and knees. Keep your hands straight and knees aligned with your shoulders. Slide one leg back while lifting opposite arm up. Bring back slowly to original position.



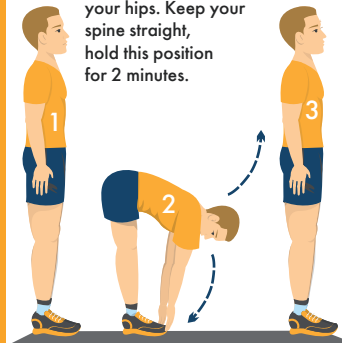
2 UPPER BACK STRETCHES

Place a roller under your shoulder blades. Raise the chest pulling shoulder blades down. The exercise will open your shoulders, normalise chest breathing, correct the posture, and stretch the spine.



3 HAMSTRING STRETCH

Stand with feet close together. Exhale and begin to bend towards your knees, try to press your abdominals against your hips. Keep your spine straight, hold this position for 2 minutes.



4 CAT-COW EXERCISE

Start on hands and knees. Align your wrists underneath your shoulders and your knees underneath your hips.



Exhale and squeeze your abdominals, push your spine up, allowing your back to round, tilt your head towards your tail bone.



Down your spine as you inhale.



5 PRESSING THE KNEES AGAINST THE CHEST



While lying on your back, press your knees against your chest one-by-one. Do it slowly and smoothly.

6 SWIMMER EXERCISE



Stretch your arms and legs and keep them at shoulder length while raising them above the floor. Slowly imitate swimmer's movements with your arms and legs while straining your glutes. Look down.