

Prevent Office Injuries

Those of us that tend to work long, uninterrupted hours in the office and in front of a computer are all at a high risk of developing common office injuries. The most common among these injuries include neck strain, eye strain, and carpal tunnel syndrome, but there are many others as well. Improving ergonomics (see IT Tip on Ergonomics) and taking frequent breaks can go a long way towards reducing the risk of these injuries. However, there are also some simple exercises that you may perform throughout the day that when used in conjunction with ergonomics and breaks will even further reduce the risk of injury. These exercises have the added benefit of keeping you flexible, relaxed, and less stressed.

If you are currently experiencing back pain, tingling or numbness in your hands, or a mild constant pain in your wrist, you may want to consult a doctor or physical therapist for treatment or advice.

Hand Stretches

Extend your arm directly in front of you, palm out. Gently pull each of your fingers back toward your wrist. Then, do all four at once to stretch the palm.

Arm and Upper Back Stretches

Cross your right arm over your chest and place your left hand just above your elbow. Pull your arm across your chest and hold for 10 seconds. Repeat with your left arm.

Lower Back Stretches

Stand up, put your hands on your hips, and lean back. Then slowly bend forward from the waist, letting your head and hands hang down.

Hand Wiggle

Let your hands hang loose by your sides and shake them for 5-10 seconds.

Shoulder Roll

Roll your shoulders forward 5 times. Then, roll your shoulders backward 5 times.

Eye Rest – My Favorite!

Every 30 minutes, look away from your computer screen and focus on something in the distance to let your eye muscles relax. Then, make sure you are sitting down and close your eyes for a few seconds before beginning work again.

About Desktop Resources, Inc.

Desktop Resources, Inc. was founded in 1995 by Tony Schafer, and is a leader in helping organizations couple their business initiatives with the technology to address those needs. DRI's "InformIT" managed services offerings proactively manage client infrastructure and strive to prevent problems before they occur. For more details, contact DRI at (317) 596-3650 or <http://www.DesktopResources.com>