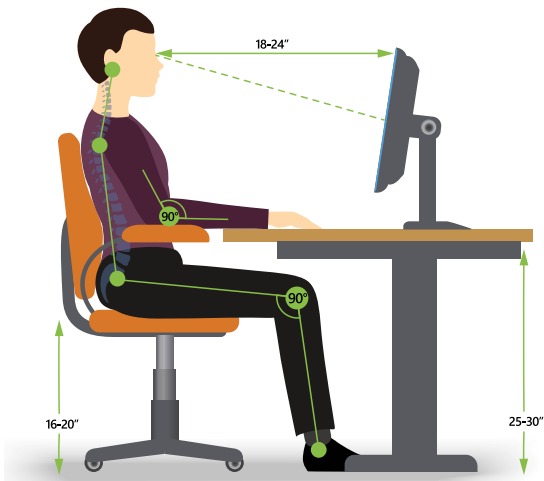


Why Ergonomics?

- Passively improves overall health.
- Reduces common aches/pains associated with prolonged sitting.
- Improves concentration and focus while at your desk.
- Improves musculoskeletal health for activities outside of work.

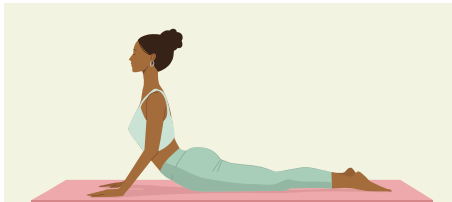
20-20-20 Rule for Screen Use

Take a **20** second break, every **20** minutes, to look at something **20** feet away.



Anatomic Alignment

- Monitor:** Eye level aligned with the upper 1/3 of screen
- Head:** Ear and shoulder aligned on top of each other
- Shoulder:** Relaxed position with no shrugging
- Forearm:** Supported by desk or, ideally, chair armrests
- Spine:** Supported against the backrest, lumbar support
- Hip/Knee:** Thighs supported, knees bent slightly $>90^\circ$
- Feet:** Flat on the floor or supported by a footrest



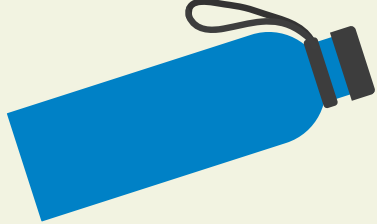
Moving More

Moving more throughout the day is critical for improving both our mental and physical well-being. Move how you love to move!



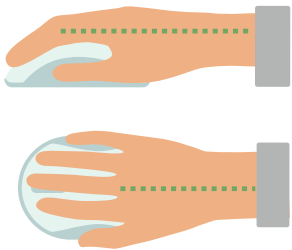
Greenspace

Research studies continue to show the benefits of exposure to nature, including boosts to: eye health, mental retention and creativity.



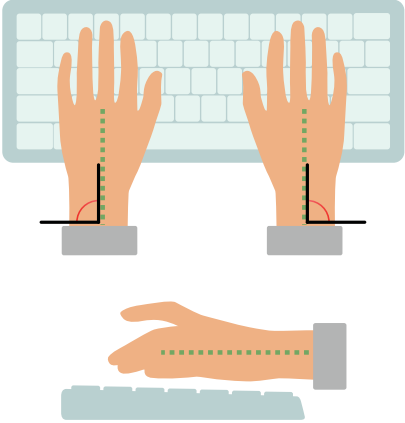
Hydration

Have a dedicated water bottle with you throughout the day. Every system in our body works better when we are hydrated.



Mouse

- Consider an ergonomic or vertical mouse



Keyboard

- Flat as possible and at the midline of body
- The intersection between the wrist and hand should be 90° in all planes.
- Be mindful of wrist deviation in x, y and z planes of motion.

Contact us

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