

1 Minute



4 Safety

Take Frequent Computer Breaks



My HANDS & ARMS... every 30 minutes I stretch my hands and fingers wide and shake them out. Every chance I get I rest my hands in a thumbs-up position.



My EYES...every 20 minutes I look off into a distance of 20 feet or close my eyes for 20 seconds.

My SEATED BODY... every 30 minutes I get up and move about - take 30 footsteps or I just stand, stretch and shake out the stress.

For more information contact the LBNL Ergonomics Team at ergo@lbl.gov