DO YOU WORK LIKE THIS?

THEN IT’S TIME FOR SOME
INJURY PREVENTION TIPS
(your future self will thank you)

1 TAKE BREAKS!
- 5-10 minutes every hour
- Stand and stretch, drink some water
- Losing track of time? Set an (online) alarm or download an app!

2 STRETCHES (one or more every time you take a break)

- Full stretch
  - Stand up straight
  - Stretch out as much as possible
  - Hold 5 seconds

- Shoulder rolls
  - Move shoulders in a circle: forward, up, back and down, 10x
  - Reverse, 10x
  - Repeat twice

- Neck stretch
  - Ear to shoulder
  - Hold for 10 secs.
  - Repeat 5x
  - Both left and right

- Wrist and elbow stretches
  - Shake hands loose
  - Flexion stretch (1)
  - Extension stretch (1)
  - Both 5x10 secs
  - Both left and right

3 WORKSPACE SETUP
- Sit upright
- Head and neck straight
- Shoulders relaxed
- Arms and wrists neutral
- Lower back supported
- Feet flat on the ground
- Check when you sit down:
  - Adjust your seat height, check if you’re sitting comfortably;
  - Place things you need close by.

4 KNOW YOUR BODY
and know when something is wrong
Find help if complaints don’t get better!
early action = bigger chance of recovery

MORE INFO? QUESTIONS?
Contact Dundee University Safety Services: www.dundee.ac.uk/safety
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