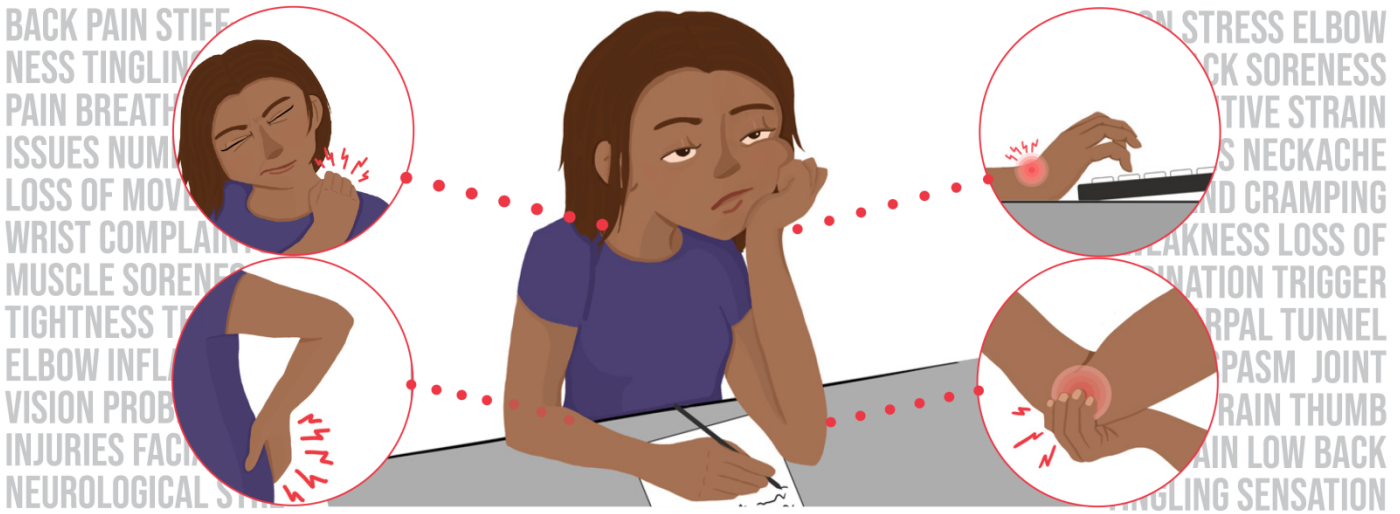


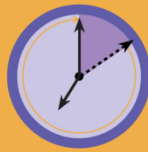
DO YOU WORK LIKE THIS?



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

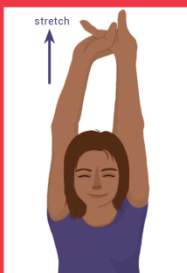
1 TAKE BREAKS!

- 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



- How:
- Stand up straight
 - Stretch out as much as possible
 - Hold 5 seconds

Shoulder rolls



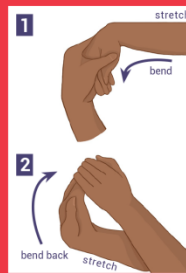
- How:
- Move shoulders in a circle: forward, up, back and down, 10x
 - Reverse, 10x
 - Repeat twice

Neck stretch



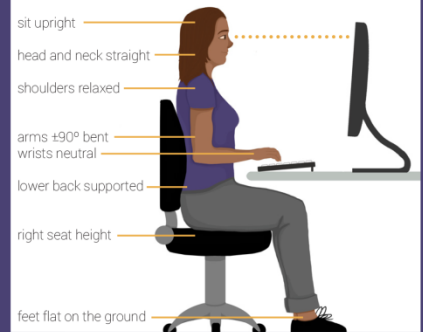
- How:
- Ear to shoulder
 - Hold for 10 secs.
 - Repeat 5x
 - Both left and right

Wrist and elbow stretches



- How:
- Shake hands loose
 - flexion stretch (1)
 - extension stretch (2) both 5x10 secs
 - Both left and right

3 WORKSPACE SETUP



- 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

Illustrations and poster design © Renske Hoste

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