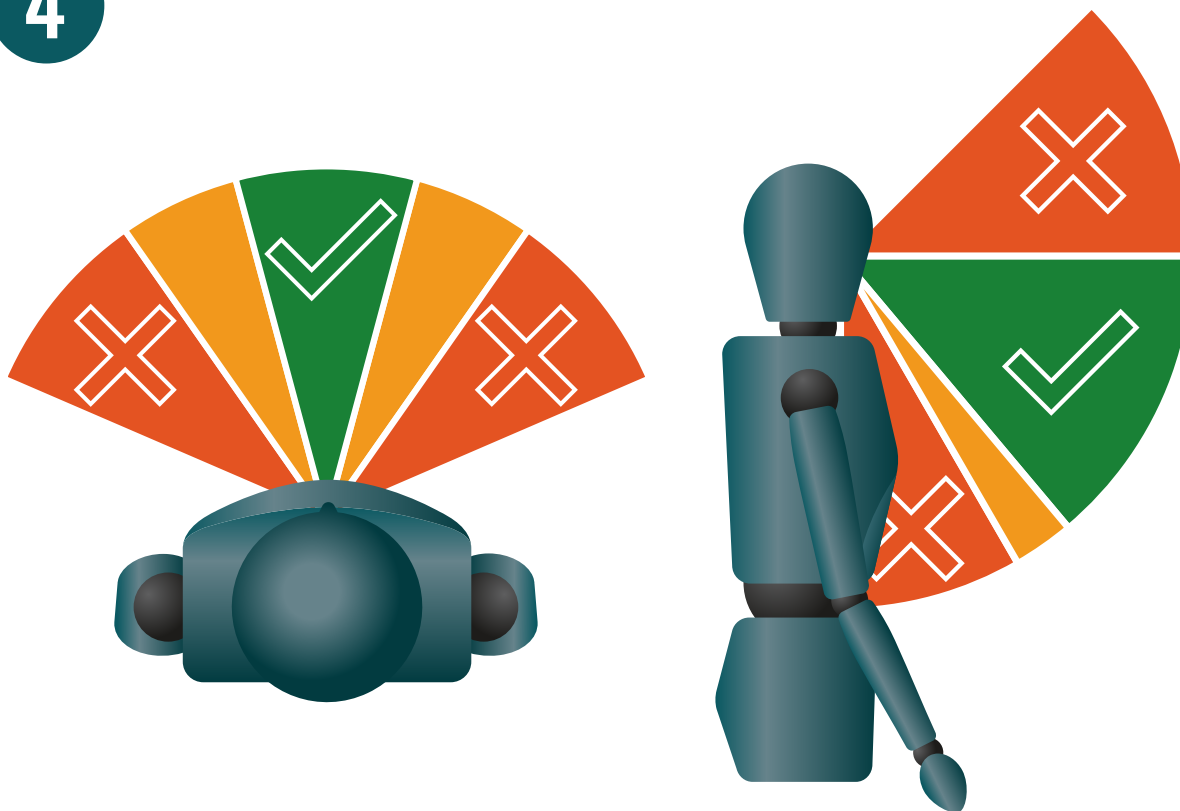


4



## Look straight ahead

- Position your work and equipment to keep your eyes looking straight ahead.
- Position your work below eye level to align your vision with the task.
- Arrange your workspace so common items are centred to your body.
- Pause & stretch often to give your neck a break. Reduce continuous bending or twisting.



# Look straight ahead

## Ideas for a healthy neck and shoulders

*Use these ideas to improve tasks at work and at home.*

- Set up your workspace so you can look straight ahead.
- When working on screens, increase the size of characters and graphics, and adjust lighting so you can easily see.
- Reducing reflection and glare on screens lets you see better and helps prevent sore eyes.
- Get corrective lenses matched to your work if your vision is making you lean forward, twist, or bend your neck to see.
- Position computer screens and objects at or below eye level to match your vision and the task.
- Adjust the distance of your work or screen to about an arm's length from your eyes, then make changes to the distance and height for your vision and task.

- Changing activities and building rest periods into the job allow the body to recover: See poster 6.

## Did you know?

- Bending your neck forward or backward on a regular basis and without pauses can overload muscles, leading to fatigue and discomfort.
- Looking to one side and twisting your neck on a regular basis without pauses **increases** your risk of neck pain compared to looking straight ahead. Move your feet or seated position so your body faces the work area to minimize twisting the neck.
- If you are leaning forward because it's hard to see your screen, this can lead to fatigue and pain in the neck, back, and shoulders.

## Improve your workplace

- Keep asking yourself and others, "Why does the job require bending and twisting of the neck?" until you understand the problem.

**What are we going to do today to keep our necks and shoulders healthy while working?**

1

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2

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3

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*Whatever changes you make, check that you are not creating any new problems.*