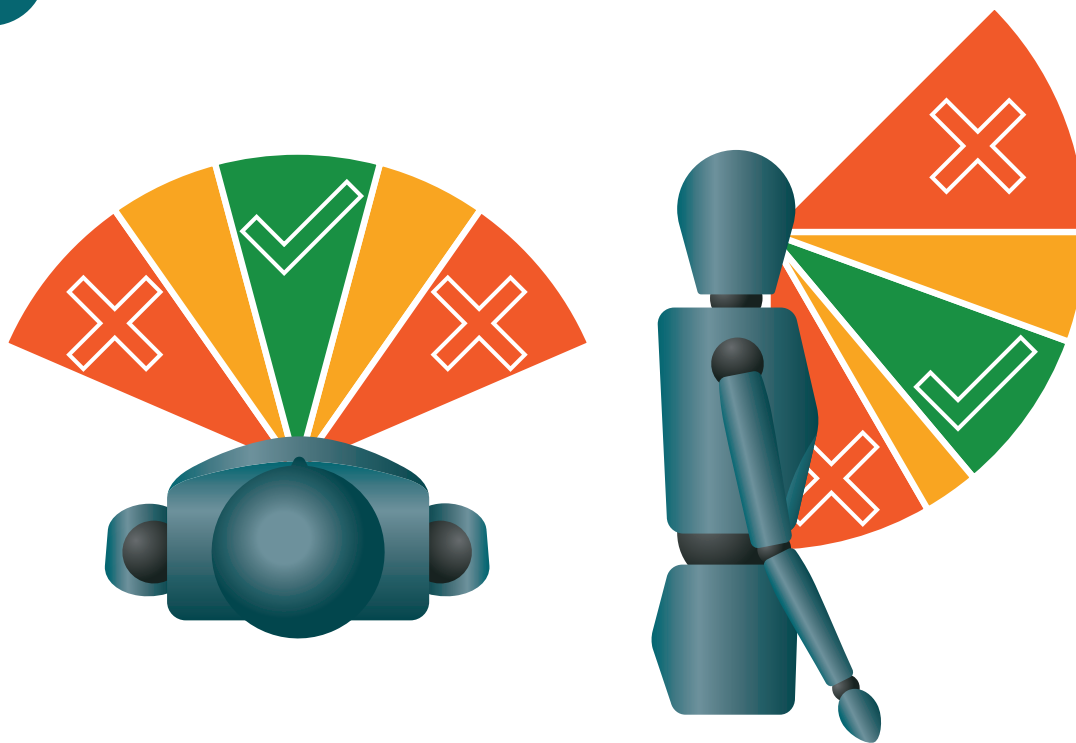


4



Look straight ahead

- Position your work and equipment to keep your gaze 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. Minimize continuous bending or twisting.



For more info visit:
msdprevention.com

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Centre of Research
Expertise for the
Prevention of
Musculoskeletal Disorders

**Work
shouldn't
hurt**

Look straight ahead

Ideas for a healthy neck and shoulders

Use these ideas to improve every task at work and at home.

- Set up your workspace to look straight ahead.
- Characters or graphics on a screen can be enlarged, or the work can be better lit so you can easily see.
- Reducing glare 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 requiring visual attention 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 fine tune the distance and height for your vision and task.
- Changing activities and rests built into the job allow the body to recover: See MSD Tip #6.

Did you know?

- Bending your neck forward or backward on a regular basis and without pauses can overload its muscles, leading to fatigue and MSD.
- Looking to one side and twisting your neck on a regular basis without pauses triples your risk of neck pain compared to looking straight ahead.
- If workers can't see their work on a computer screen clearly, they tend to lean forward, bending and twisting their neck. It's called "pigeon neck" and can lead to fatigue and pain in the neck and shoulders.

Improve your workplace

- Ask yourself and others, "Why does the job require bending and twisting of the neck?" until you get to the bottom of the problem.

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

1

2

3

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