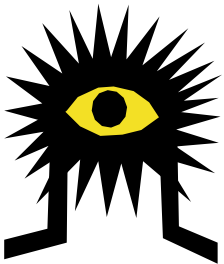


## COMPUTER USE

Even though you are “just sitting” at a computer, you need to pay attention to what that activity is doing to your body.....



**Ergonomically speaking, it is a good idea to take frequent, brief, rest breaks.**



**Eye breaks**—looking at a computer screen for awhile causes some changes in how the eyes work, causes you to blink less often, and exposes more of the eye surface to the air. Every 15 minutes you should briefly look away from the screen for a minute or two to a more distant scene, preferably something more than 20 feet away. This lets the muscles inside the eye relax. Also, blink your eyes rapidly for a few seconds. This refreshes the tear film and clears dust from the eye surface.

**Micro-breaks**—most typing is done in bursts rather than continuously. Between these bursts of activity, you should rest your hands in a relaxed, flat, straight posture. During a micro-break (<2 minutes), you can briefly stretch, stand up, move around, or do a different work task (e.g. make a phone call). A micro-break isn't necessarily a break from work, but it's a break from the use of a particular set of muscles that's doing most of the work.

**Rest breaks**—every 30 to 60 minutes you should take a brief rest break. During this break stand up, move around and do something else. This allows you to rest and exercise different muscles and you'll feel less tired.

**Exercise breaks**—every 1-2 hours do stretching and gentle exercises that will help relieve muscled fatigue.



