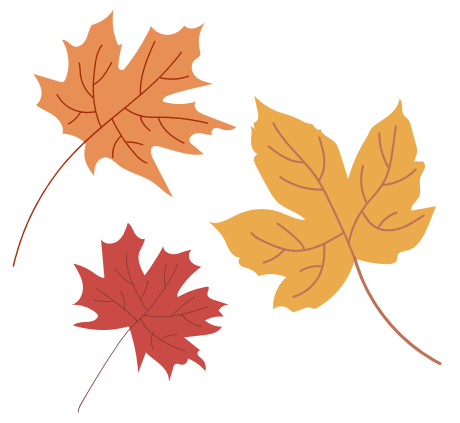




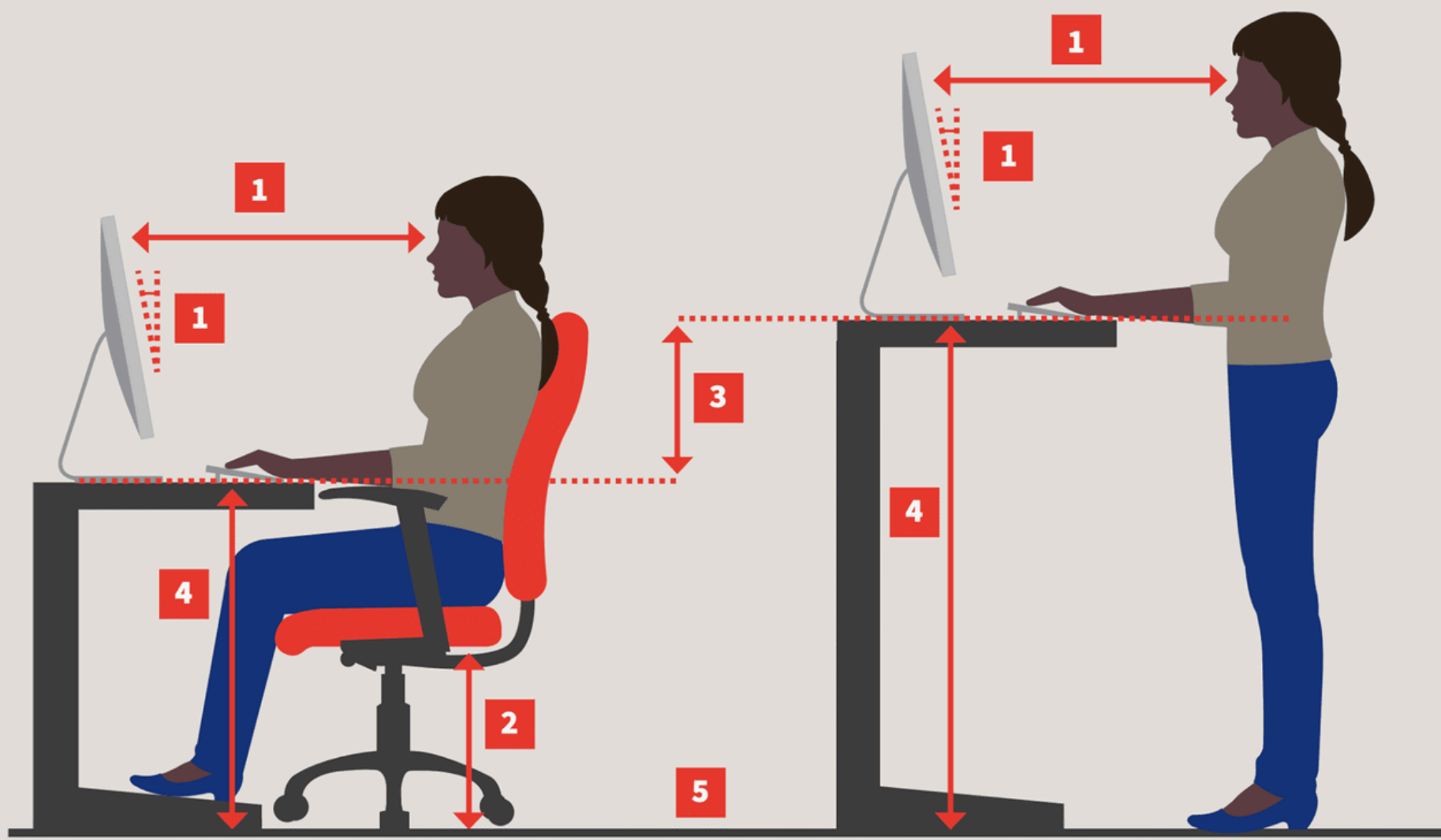
WELLNESS NEWSLETTER



FROM YOUR NIAGARA PRIMARY CARE OCCUPATIONAL THERAPISTS

OFFICE ERGONOMICS

Improving office ergonomics can significantly reduce the risk of musculoskeletal issues and boost productivity. Here are key strategies to enhance your workspace:



<https://www.ocwr.gov/ergonomics-outreach/office-workspace-ergonomic-self-evaluation/>

1. Put the screen monitor at your eye level (if using bifocal glasses put at chin level instead). Have the screen positioned at arm's length in front of you and make sure to align your ears with your shoulders.

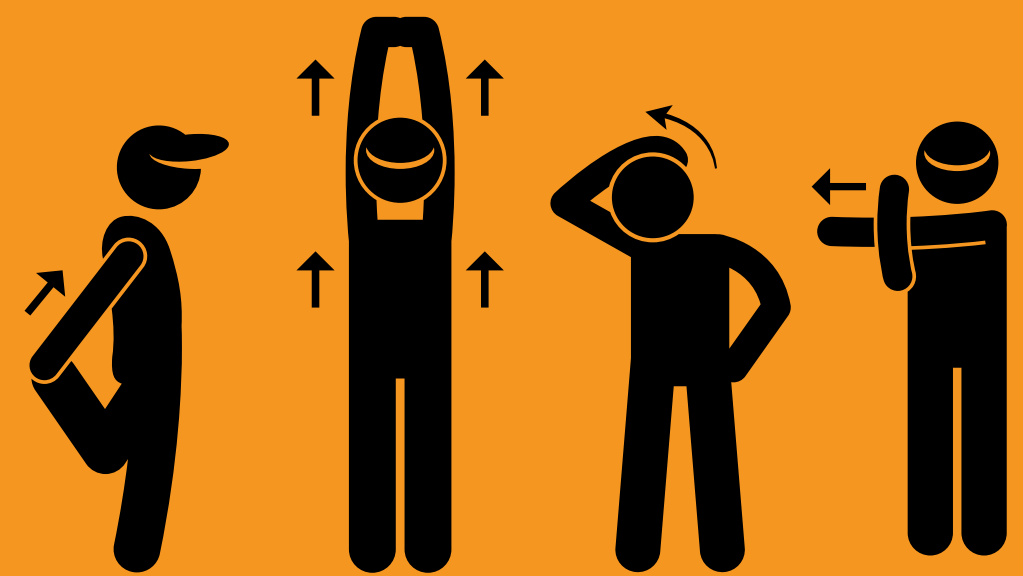
2. Adjust the height of the chair to have your feet well supported on the ground or on a foot rest. Use a chair that supports your back well and that leaves 2-3 fingers space between the chair and under your knee.

3. Keep your wrists in neutral position and your arms supported on the armrest.

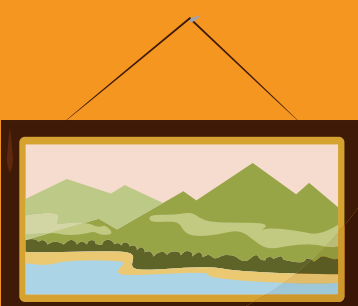
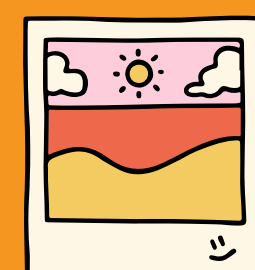
4. Put the keyboard flat position and aligned with the monitor. Keep the mouse close to the keyboard.

Remember...

- Work at a pace that gives your body time to recover and rest
- Take a short break every 30 minutes:
 - Postural break: stretching, taking a walk, standing

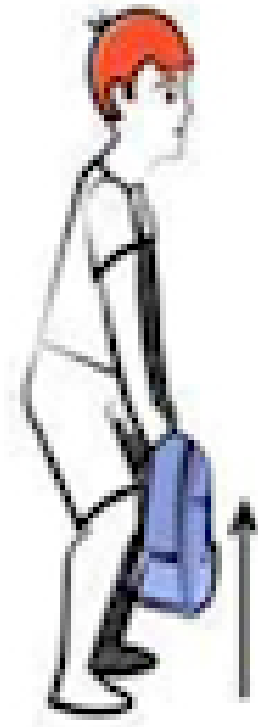
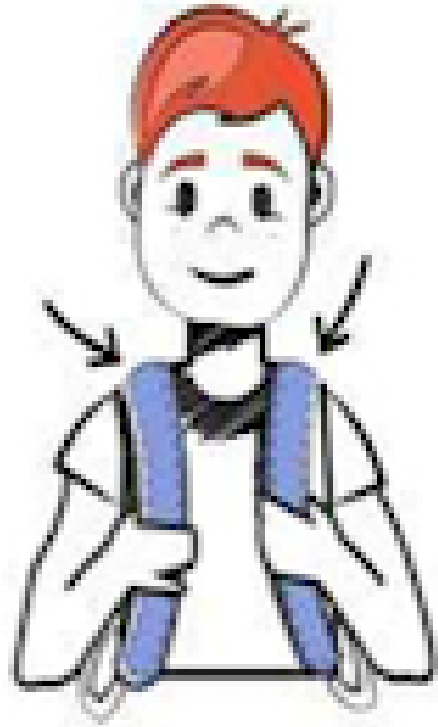
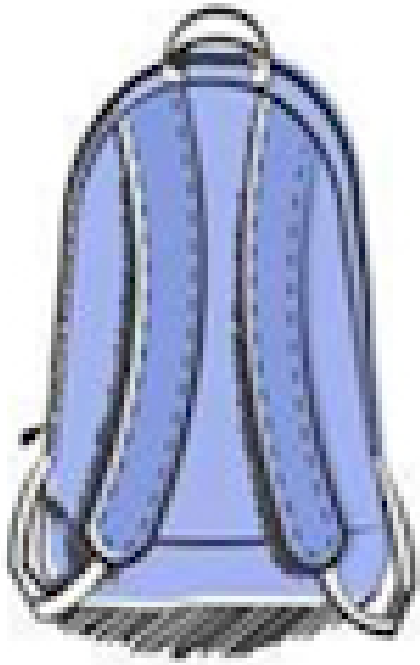


- Eye break: look away from the monitor, refocus on a picture on wall or outside scenery



SCHOOL ERGONOMICS

School ergonomics focuses on creating a comfortable and safe learning environment to support children's health and well-being. Here are some key aspects to consider:



<https://ergonomictrends.com/backpack-safety-tips>

Backpack

- Choose a backpack with wide padded shoulder straps
- Wear both shoulder strap, tightened to keep the load close to the body
- Weight Limit: Carry no more than 10-15% of body weight.
- Packing: Place heavier items closer to the back and use all straps.
- Regular Checks: Encourage children to regularly check their backpacks and remove unnecessary items.
- Always lift your backpack by squatting down and using your legs to lift, not your back.

Shoes



- Lightweight and flexible to support natural foot movement
- Made with breathable material
- Sole with good traction to prevent slipping
- Wider toe box and closed heel
- Good shock absorption

Desk Set-up

- Good sitting posture can improve attention, fine motor skills, breathing and decrease fatigue!
- Back and neck relatively straight when seated in chair
- Elbow at 90 degrees when forearms rest on desk
- Feet fully planted on the floor (use a stool if needed)



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