

# Ergonomic Microbreaks

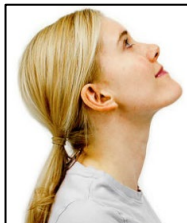
For anyone who primarily sits to do their work, there are many benefits associated with taking microbreaks throughout your workday, including:

- Reduce fatigue
- Increasing productivity
- Increasing circulation
- Reduce stress
- Decreasing the likelihood of chronic pain

Every 45-60 minutes, take two minutes to perform the following actions. *\*If you have had any recent health problems, injury, or surgery, or if any of these actions cause you any pain, consult a health professional*



Look down



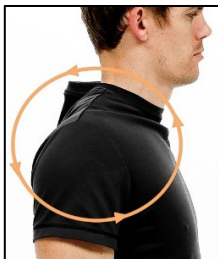
Look up



Look left/right



Side bend



Shoulder rolls



Reaching forward



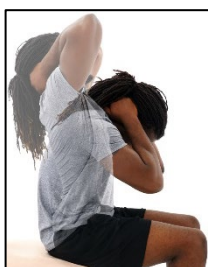
Reaching up



Wrist stretches



Open/Close



Front to back



Rotation



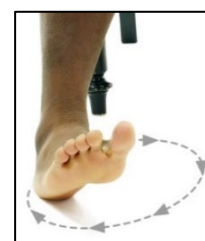
Side bend



Kicking out



Hamstring stretch



Ankle circles

## Stand up

While standing, step away from your workstation to perform other tasks

- Getting a cup of water
- Going to the bathroom
- Going to the copier/printer
- Quick walk around the office/building

## 20-20-20 Rule for Eye Fatigue

Every 20 minutes

Look at an object 20 feet away

For 20 seconds



Scan the QR code for a video demonstration

Interested in learning more about ergonomics? Contact Kevin Kouw Gutierrez at [513 977 2142](tel:5139772142) or [Kevin\\_KouwGutierrez@TriHealth.com](mailto:Kevin_KouwGutierrez@TriHealth.com).