

Posture ...

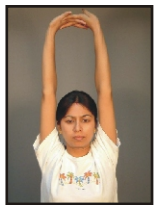
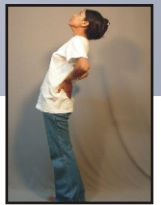


Healthy Habits, Healthy Life, Healthy India

“Break bad habits lest they break you”

Important Health Guidelines

- Warm up and stretch before starting activities that are repetitive, static or prolonged, activities.
- Take frequent breaks from sustained postures, for every 20-30 minutes & stretch stiff muscles.
- Recognize early signs such as pain & swellings and treat them on time.
- Use both hands to lift even light objects.
- Whenever possible, slide, push or pull objects instead of lifting them.
- Avoid the same activity for prolonged period of time.
- Reduce glare on your computer screen by adjusting contrast, placement and tilt, using anti glare screen.
- Rest your eyes intermittently by focusing on distant objects
- Blink often while viewing the monitor



Your eyes should either be level with the top of the monitor, or the monitor must be placed a little lower than your line of vision

Monitor must be placed at a distance of at least 60 cm



Keep your back erect and supported from the base of the spine and relax those shoulders

Health problems :
 Back disorders
 Eye strain
 (Computer Vision Syndrome)
 Repetitive strain injuries (RSI)

Your wrists should be placed parallel to the typing surface