Office Ergonomics: Stretches for Office Workers Video



Working at a computer all day can lead to discomfort.

Headsets—as we just learned—are one solution, but muscle pain is a risk even when you're not on the phone. If you start feeling pain in the neck, back, wrist, or other parts of the body, stretching those muscles can provide some relief.

In this video, we present a series of stretches that can help you throughout the day. They don't take very long, but can go a long way in helping you remain productive at work.

Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

(Source: https://www.safeatworkca.com/videos/office-ergonomics-stretches-for-office-workers-video/)