

# TIPS FOR A HEALTHY WORK EXPERIENCE

Eyestrain? Sore back? Making even small tweaks to furnishings or work habits can make you more comfortable. To reduce your risk of injury and improve your performance, and well-being, consider these practical ergonomic tips.

## Adjust Your Immediate Surroundings

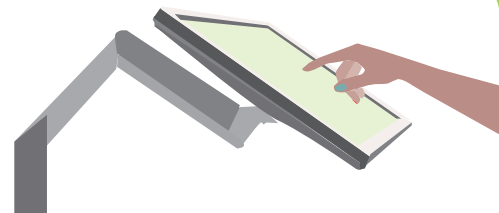
### Start with a good chair

Stick with proper ergonomic seating to increase comfort and reduce risk of injury.



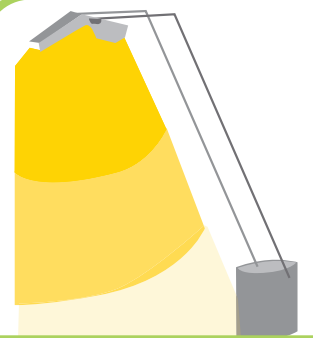
### Position your screen correctly

To reduce eyestrain, a monitor arm can easily hold a screen in the proper position.



### See the light

To minimize glare and illuminate work materials as needed, use an adjustable task light.



### Vary your posture

For better health, create a daily work style that includes both seated and standing postures.

## Incorporate Movement and Visual Breaks into Your Work Day



### Keep moving

To stay active, take a short walk during your lunch break, or build in stretch breaks throughout the day.

### Rest your eyes

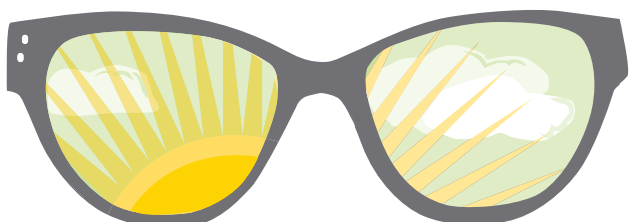
To reduce eyestrain, incorporate brief "rest breaks" to refocus and rest your eyes throughout the day.



## Nourish Your Spirit with Connections to Nature

### Soak up some sun

Improve your mood by working in — or walking through — areas in direct sunlight.



### Bring in plants

Use plants to reduce stress and create a feeling of well-being.



### Give yourself a view

Improve memory and focus by viewing natural settings, or images of such, during the work day.