

# Ergonomics

## Exercise Break

Exercise can perk you up better than a second cup of coffee. Exercise can also help prevent on-the-job injuries, particularly back problems and other Cumulative Trauma Injuries. It makes sense to do some flexibility exercises to warm up before you start work. Many companies have a program of workstation warmup exercises. Some also have on-site fitness programs run by staff or volunteers. Take advantage of these opportunities to work more comfortably and safely.

Stick to your break schedule rather than working straight through the day. Use your breaks to stretch your muscles, relax your eyes or get a few moments to yourself. Walk away from your work for a few minutes.

Take mini-breaks frequently throughout the day, just long enough to give your muscles a chance to recover from the stress and fatigue of work. Mini-breaks can include any short break from your normal routine. Examples are



answering the phone, going to the rest room, taking parcels to the mail room or changing your work task. If your job requires long periods of sitting or standing, be sure to change your position frequently and take stretch breaks to keep your muscles from becoming too tight.

*Maintaining physical fitness, warming up before work and taking breaks to rest and stretch can help prevent musculoskeletal injuries. They can also reduce the severity of injuries and increase the body's abilities to keep up with the workload.*