

Ergonomics and Stretching at Your Work Station

Agency Wellness Champs

Outline

- Definitions
- Purpose
- Practicality
- Safety
- Technique
- Movement



Definitions

Stretch: the action of muscle elongation

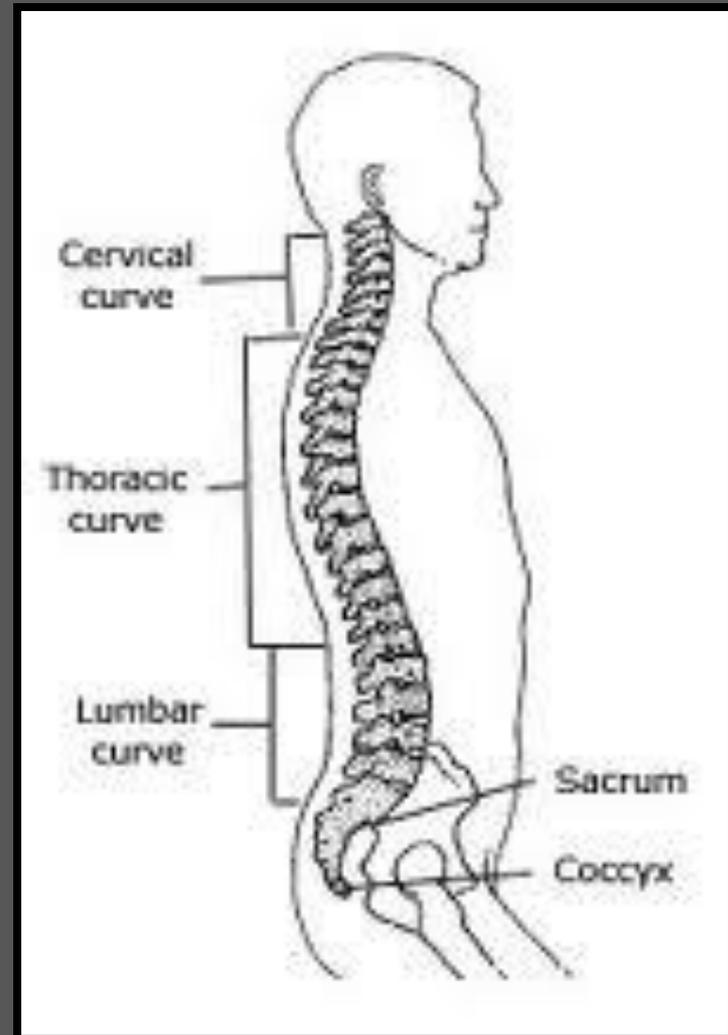
Flexibility: a joint's ability to move through a complete range of motion

Posture: the body's alignment and carriage as a whole

Ergonomics: the study of designing physical elements in consideration of human anatomy and ideal posture

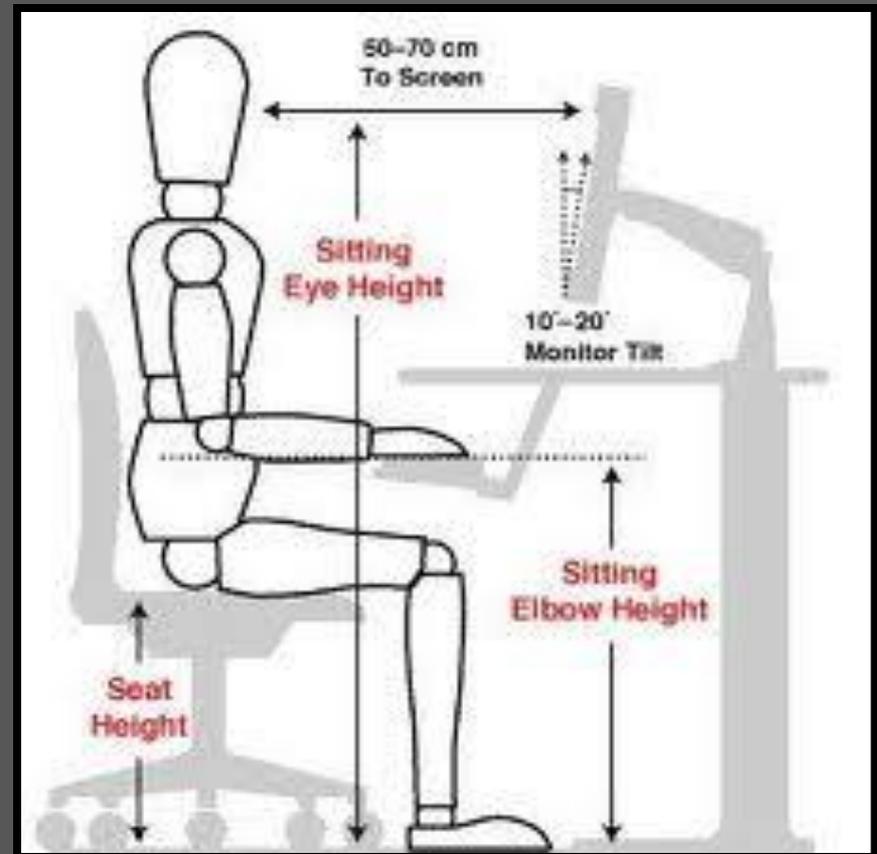
Ideal Posture

- Sit or stand tall
- Shoulders down and back
- Natural curve of the spine
- May not feel “right” initially



Proper Ergonomic Set Up

- Good posture, vertical spine
- Flat Feet
- Gaze slightly downward
- Wrists in line with forearms



Why Stretch?

- Decrease risk of injury
- Reduce muscle tightness and/or soreness
- Increase blood and nutrients delivered to tissues
- Improve muscle coordination
- Improve posture

Practicality

- Space
- Equipment availability
- Time constraints



Safety

- Maintain integrity of skeletal structure
- Stay within a natural range of motion
- Listen to your body
- Awareness of your surroundings

Technique

- Warm-up
- Hold (static stretches)
- Breathe
- Initiation of movement
- Postural alignment

Stretches at Your Desk

- Neck rolls
- Shoulder circles
- Upper back stretch
- Spinal twist
- Hip openers
- Hamstring extension

*Additional resources and ideas are available from the
Agency Wellness Champs*