

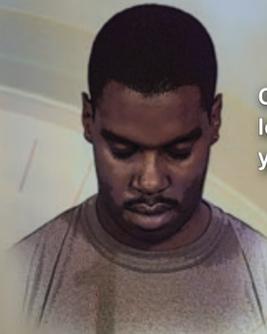
TIME TO TAKE A COMPUTER BREAK

For every 20 minutes of computer use,
look at an object 20 feet away
for 20 seconds. This reduces eye strain.

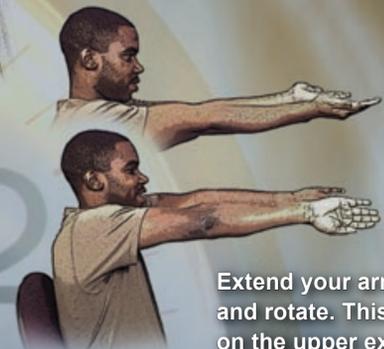
Move your eyes side to side and
top to bottom. This helps moisten
your eyes and reduces eye strain.



Close your eyes and gradually
lower your head. This relaxes
your eyes and neck.



Cup your eyes with your hands
and close your eyes. Do not put
any direct pressure on your eyes.
This relaxes your face
and moistens your eyes.

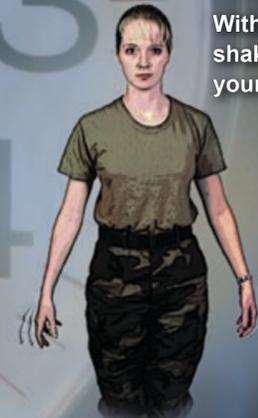


Extend your arms and fingers
and rotate. This reduces stress
on the upper extremities.

Rotate your ankle. This promotes
blood circulation in your legs.



With your arms at your sides,
shake your fingers. This relaxes
your arms, hands and fingers.



While seated, elongate your back
by pretending there is a cable
attached to your head that is slowly
pulling upwards. This will promote
good posture and relieve some low
back pain.



Shrug your shoulders. This eliminates
stress from the shoulders and upper
back.



Slowly pull your arms back as far as
you can, trying to touch your shoulder
blades together. This will reduce upper
back stress.

Always consult your physician before beginning an exercise program. If pain or discomfort is experienced cease the exercise and consult your physician.

Other materials are available through the USACHPPM Ergonomics Program Website:
(<http://chppm-www.apgea.army.mil/ergowg/product.htm>)