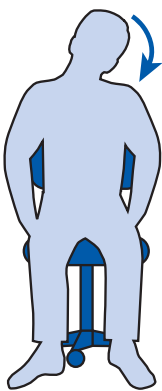


Your Personalised Workplace Health Report[®]

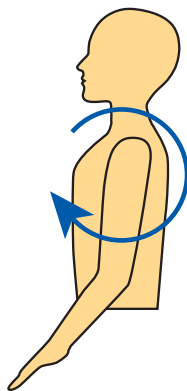
TIPS for JENNY

- Have your seat height so that your elbows are at a right angle with your hands at or slightly above the keyboard.
- Organise your work so that more frequently used items are close to you.
- To reduce fatigue, arrange your workload so that your tasks are varied throughout the day.



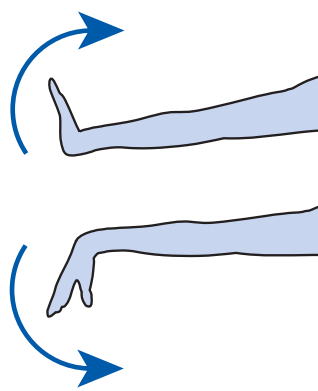
NECK

Bring ear to shoulder.



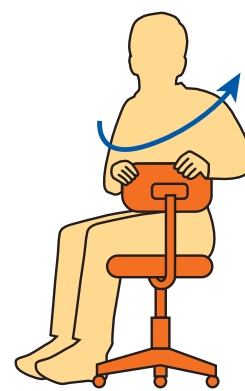
SHOULDER

Circle shoulder backwards. Try circling your arm too.



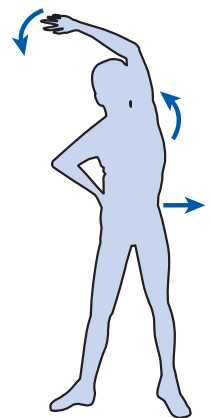
WRISTS

1. Bend hand back towards you.
2. Bend hand down.



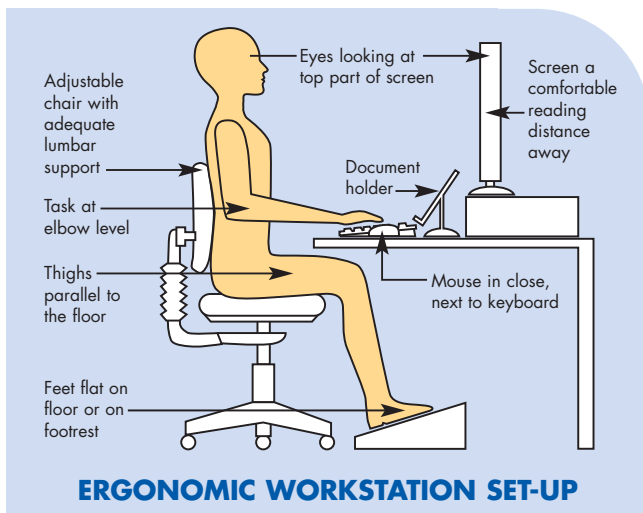
BACK

Hold onto back of chair. Twist and look over shoulder



BACK

Reach up and stretch. Lean to side



- Stretch slowly and gently
- Stretch to tension, not pain
- Hold each stretch for 30 seconds and repeat

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