



# HEALTHY ACTIONS AT WORKPLACE

#TogetherForABetterTomorrow

Take a break, stretch & move around!

Stretch exercise  
2-3 mins | 2 times daily



Nearly  
**80%**  
of the people  
worldwide  
are suffering  
from different  
ergonomical  
problems.

It matters alot!

Forearms, wrist and arms:  
• straight & relaxed  
• avoid wrist rest while typing

Adjust the chair height for comfortable foot rest



Keep your neck straight

Chair backrest for firm support

Sitting postures

Poor postures  
causes body pain  
and ultimately  
reduces the work  
efficiency.

Take care of your eyes

"Vision without  
action is a day-  
dream. Action with-  
out vision is a  
nightmare."

1. Tilt the display screen to minimise the glare
2. Keep a hand's distance from the screen
3. Screen position should be aligned to the eye level
4. Every 20 minutes, blink 10 times. This will help rewet your eyes.

