

# POSITION YOURSELF for wellness

Workplace ergonomics, the science of arranging your space, your tools and yourself for maximum safety and efficiency, can help you stay well and work better. Here are some easy tips to help prevent common problems:

- + **Eye strain** – Remember the 20-20-20 rule and take a 20-second break every 20 minutes to look at something 20 feet away.
- + **Lower-body pain or swelling** – If your job requires you to sit or stand for hours, you might get fluid buildup in your legs, ankles and feet. Move around often and check with your doctor, who may prescribe something as simple as compression socks to help.
- + **Sore hands and wrists** – Daily computer keyboard use can pinch the nerves in your wrists, causing numbness and pain. Repositioning your hands and wrists, and sometimes using a brace, can help. Check with your doctor or occupational therapist.

Source: <http://www.webmd.com/a-to-z-guides/ss/is-your-job-hurting-your-health>

These tips are intended as general information only. Please consult your doctor for specific medical advice. Please call our 24-hour Nurse Line toll-free at 1-888-258-3432 for additional information.

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