

# Caring for our body





# Ergonomics

# Care



- Occupational Therapist -

Adjust your workstation to fit your body size so as to prevent awkward postures and to improve comfort and performance.





## Work desk set up:

- Ensure sufficient lighting to protect your eyes.
- Ensure that shoulders and wrists are in a relaxed position when typing to prevent stiff shoulders.

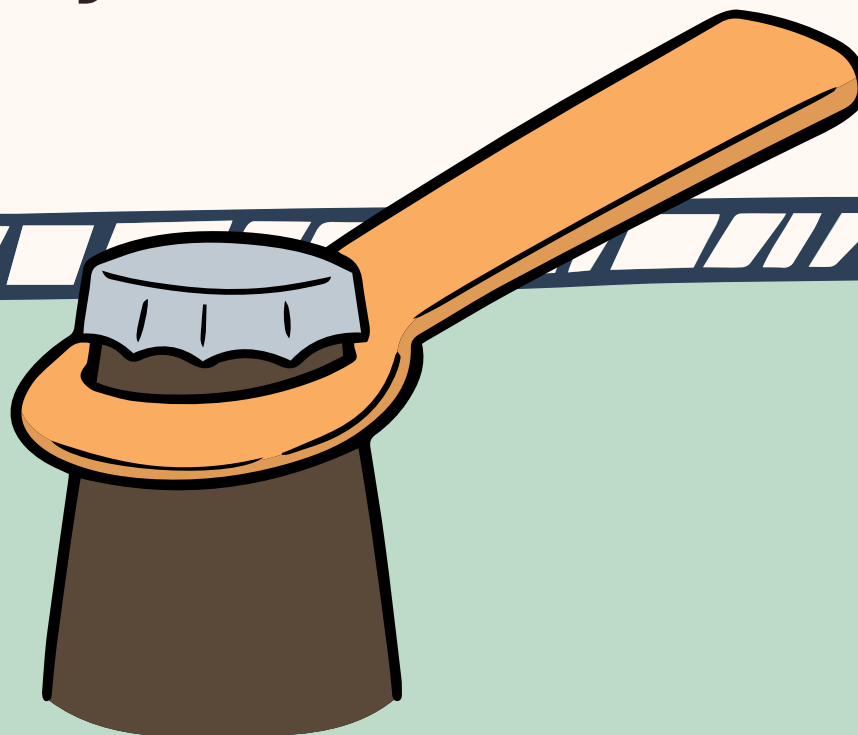
Avoid prolonged static positions or constant pressure on the joints. E.g., holding onto mobile phones to watch shows, play games, or read for long hours.



Use your bigger joints for heavy lifting, or to perform pushing/pulling to reduce stress on our joints.  
E.g., use a trolley or bag pack for grocery shopping.



Consider using assistive equipment such as anti-slip mats or bottle openers to reduce stress on the joints.



Enlarge handles  
with non-slip  
padding/mats to  
improve grip and  
reduce exertion.





Avoid placing heavy items above shoulder height as that increases the risk of shoulder injuries. Place regularly-used items at around waist level.



Ensure proper back posture when doing activities. E.g., sitting down to reach for lower level items instead of bending all the way down.



**Always respect your pain.  
Remember to schedule  
rest breaks with  
activities, and adjust  
activities according to  
your pain levels.**

