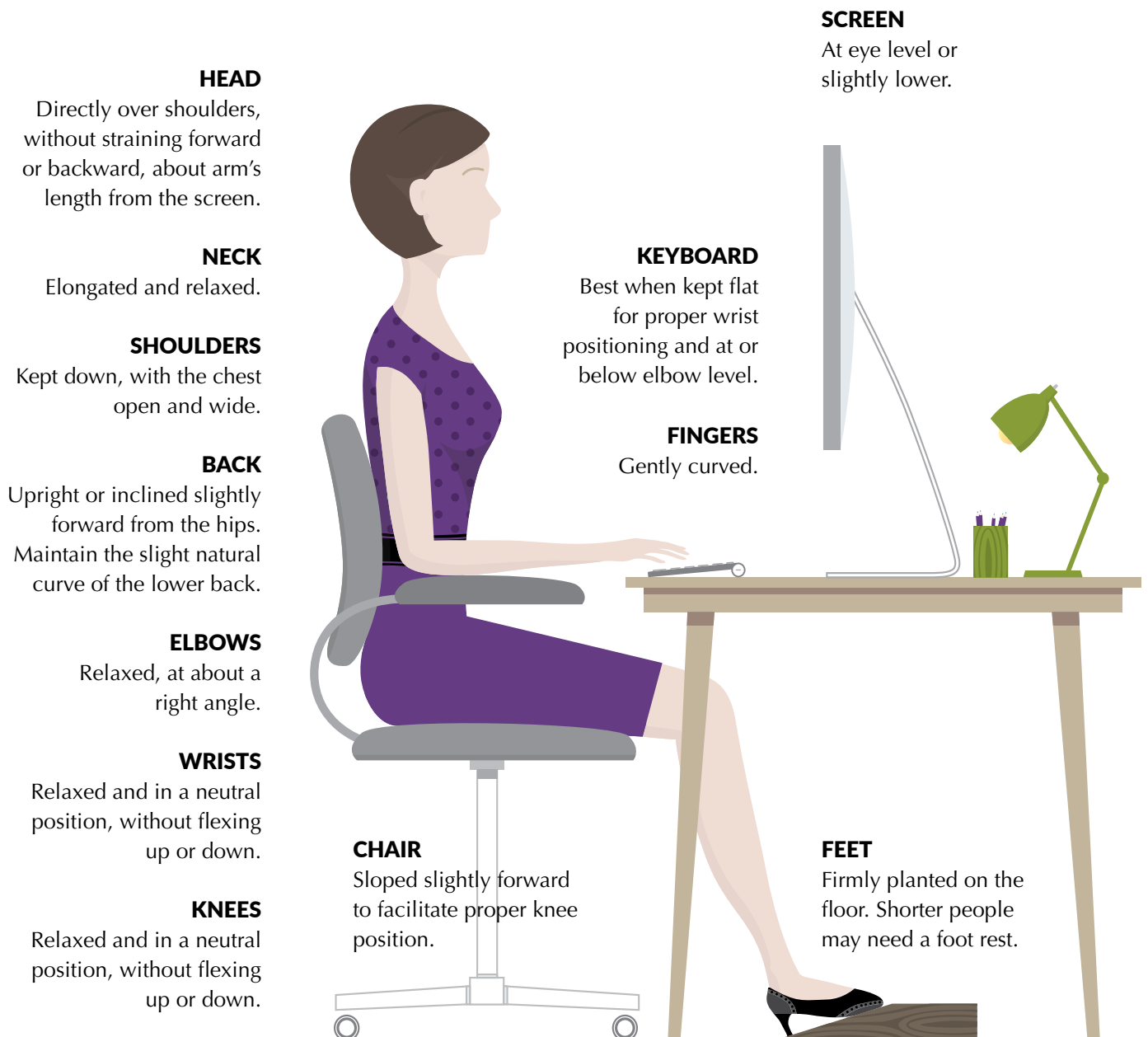


RVNAhealth Introduces... **The Model Workstation**

March 23, 2020 – With recent measures requiring all non-essential employees to work remotely, you may find yourself without the benefit of an ergonomically-correct workspace. This image below is what it's supposed to look like. Ha! If you find yourself hunched over the kitchen counter or in some other compromising situation, take some time to adjust your set-up, even just a bit. You'll be glad you did.



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More Workstation Tips from RVNAhealth

If you're like most of us, your workstation — and posture — may need some tweaking.

In addition to the diagram on reverse side, here are a few tips from the RVNAhealth Occupational Therapy team to help you create a comfortable, pain-free workspace and pave the way for improved productivity and performance.

Light: Be sure to have ample lighting in your workspace. This will reduce the tendency to lean forward, which can cause neck and back discomfort, and squint, which causes eye fatigue.

Height: Place your computer screen at eye level or slightly below to avoid awkward posture which is not good for your neck and back.

Accessories: Consider the following workspace items to decrease pain and discomfort:

- Computer Monitor Lift {this can be a dictionary or large book, in a pinch}
- Mouse pad with wrist rest
- High backed chair for full support

Movement: Get up to stretch every 30-60 minutes to help relieve muscle fatigue and re-set your body and posture.

Reminders: Post this flyer at your workstation as a reminder of the optimal set-up. Just a glance will do the trick.

If you have any questions, please contact RVNAhealth at 203.438.5555 or info@RVNAhealth.org