WHERE YOUR WORK SPACE IS

To prevent discomfort and health complaints, try doing some exercises. There are exercises you can do to take a moment to relax, but there are also exercises that help you move other parts of your body. That will help you to reduce the static strain on your muscles when working with display screen equipment. Exercises to stretch your muscles and tendons can bring relief. Taking a moment to ease the strain, get something to drink or take a short walk can improve your mood.

To get away from your screen

- Relax your eyes by changing the type of work for a while. For example, get something to drink, water the plants, take a short walk outside, or read a book.
- Alternate between difficult and easy tasks.
- Clarify what your duties are and make clear agreements about what is expected from you at work.
- Organize your work to ensure a good alternation between difficult and easy tasks.