

# Stretching and Breaks

Your body was designed to perform a variety of tasks while **actively** using your muscles. Sustained muscle activity (like holding your arms up to type) robs the muscles of life giving blood flow. It is very important to actively stretch during breaks to flush out toxins that build up in the muscles that were used for sustained posture.

The following body areas typically need stretching or relaxation exercises after computer use.

- Neck
- Hands and Wrists
- Upper Back and Shoulders
- Lower Back
- Eyes
- Legs

***Stretching should always be performed gently using controlled movements. If you experience any pain or discomfort, discontinue the exercise and consult a qualified health professional!***

Talk to your company nurse or a physical or occupational therapist for the proper stretching exercises for you.

## Working Posture Recommendation Summary

- Monitor at or below eye level
- Wrists straight
- Forearms supported
- Back supported
- Forearms parallel to the floor
- Thighs parallel to the floor
- Feet on the floor or a foot rest



## MorencyRest™ Forearm Support

### Our products

- Are uniquely designed for the user and application
- Provide maximum upper extremity support
- Promote neutral arm and wrist position
- Promote proper neck posture
- Extend narrow work surfaces

### Typical uses:

- Users with active CTD symptoms
- Graphics data entry applications
- High duration users (over 4 hours daily)
- Injured employees to return to work

*We have helped **thousands** of computer users to increase their comfort, reduce pain, and **return to work**.*

Our products are designed for the application as well as the user. Since individuals vary in size, we make rests in three sizes.

#### **Small:**

These rests fit people with narrow shoulders and bodies. Shoulder width should be less than 18 inches. Most small-framed users weigh less than 100 lb..

#### **Medium:**

These rests fit about 95% of the population. Shoulder width is between 18 and 26 inches. Weight ranges from about 100 to 225 lb..

#### **Large:**

These rests fit people with very wide shoulders and bodies. Shoulder width exceeds 26 inches. Weight usually exceeds 225 lb

# Work Surface Height

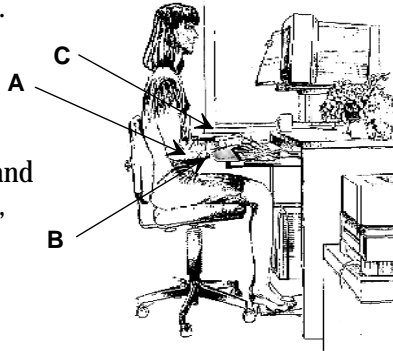
The proper height for a computer work surface is about 3 or 4 inches lower than the average writing desk. If your work surface is not height adjustable you might need to raise your chair and use a foot rest for proper support.

## Work Surface Height

(A) Your forearms should be parallel to the floor. Your elbow should make an angle of between 90 and 110 degrees.

(B) Your forearms should be supported a minimum of 6 inches.

(C) Your wrists should be straight and neutral. Wrists bent in any direction (up, down, left, or right) may lead to discomfort and eventually injury.



# Your Chair

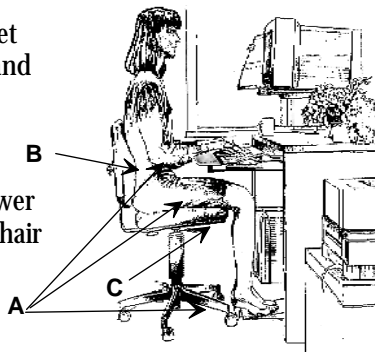
Your chair is one of the most important aspects of a good ergonomic workstation. Adjust your chair to properly support your body.

## Seat Height

(A) Adjust chair height so that your forearms are parallel to the floor. Both feet should be flat on the floor or a foot rest and your thighs parallel to the floor.

(B) Adjust the back support so that the seat back's curve is in curve of the lower back. Use a towel or lumbar pad if your chair does not provide adequate support.

(C) Adjust the backrest for seat pan clearance. You should be able to place 2 or 3 fingers between the back of your knees and the front edge of the seat.



# Monitor Height and Position

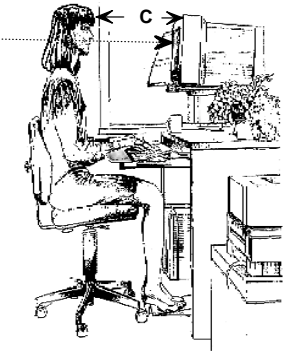
The position of your head and neck is very important to comfortable computer use because your blood must flow through the neck and shoulders to get to your arm muscles that are doing the work.

## Monitor Height and Position

(A) Your monitor should be directly in front of you.

(B) Monitor height should be adjusted so that the top row of characters on the screen is at or slightly below eye height. If you wear bifocals or trifocals, a lower position is required depending on your lenses.

(C) The monitor should be 18 to 28 inches from your eyes. (About at arm's length away).



# Change Positions

The positions outlined in this flyer are nominal starting points! Adjust chair height, back support, and seat pan tilt slightly throughout the workday. Slight position changes will vary the muscles that are required to hold static posture. Your comfort will be improved and the onset of fatigue delayed.

## Cleaning Instructions

Your MorencyRest™ forearm support was designed for years of comfort and support. It is very likely to be stained or soiled during its lifetime. We have tested many upholstery fabric and rug cleaning products and found them highly effective at removing stains from our rests. Follow the manufacturers instructions for the cleaning agent for best results.

Our experience has shown that **Lustre-Clene™** rug and upholstery cleaner is very effective at removing common ink and coffee stains. It is available from us in 1/2 oz. packages (Approximately 40 applications). Part number UC1@ \$ 2.00/pkg