

Ergonomics principles are used to improve the “fit” between the worker and the workplace – so find YOUR fit!

Types of Ergonomics Risk Factors:

- Awkward Postures
Office workers are most susceptible to this form of ergonomic risk, just from the fact that they do not adopt a good posture while working in front of their screens. Being deskbound is no excuse for not moving enough, so doing some stretches from time to time will help to relieve the symptoms.
- High Volume Task Repetition
An example would be data entry personnel who sit at their desks the entire day doing the same tasks. While one can improve the efficiency of doing things when you keep doing it, it can contribute to musculoskeletal injuries. Timely stretch breaks will be great for relief. It would be even better if the jobs can be planned in such a manner that they are rotated and not repeat the same task for prolonged periods.
- Forceful Exertions
Such tasks may be required at any workplace. An example would be if you are moving something heavy from one corner to another, it is important to ensure that you use the correct technique for lifting or pushing the item to prevent injuries and strain.

Indicators of Ergonomic Risks

- Pain in the form of soreness, aching or burning sensation
- Swelling of the affected joint
- Redness of skin
- Heat – skin is warm to touch
- Loss of function with signs such as fatigue, tingling sensation, numbness or weakness

See below for quick tips for good ergonomics and stretches you can do at your desk to avoid ergonomic injuries.



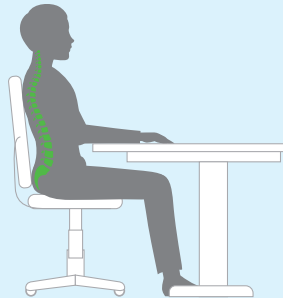
POSTURE PERFECT

Quick tips for good ergonomics.

Practicing good ergonomics can help prevent injuries and musculoskeletal disorders – not to mention the costs and lost work time that can come along with such injuries and disorders. And it's easier than you might think. By making small posture adjustments and stretching throughout the day, you can help to minimize your risk. We've got some tips to help.

Correct seated posture

- › Adjust desk and yourself to correct posture
- › Put up picture of proper posture at desk to remind yourself
- › Set alarm on outlook or phone to remind you of proper posture
- › Make adjustments to desk that allow for better posture



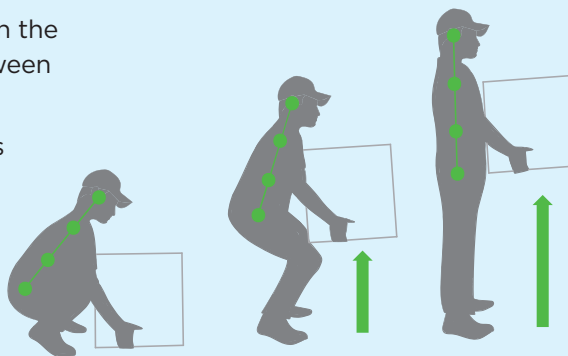
Correct standing posture

- › Lift through the top of the head
- › Elongate your neck
- › Shoulders relaxed down and back
- › Neutral pelvis
- › Feet hip distance apart



Correct lifting posture

- › Always stay within the strike zone – between chest and knees
- › Lift with your legs
- › Use core muscles – lower back, glutes and abdominals
- › Use leverage
- › Keep objects closer to your body

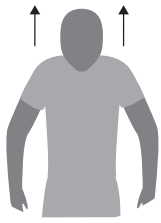


QUICK TIP:
Get up every 20 minutes to breathe, stretch, stand and walk

Together, all the way.®



Stretches you can do at work



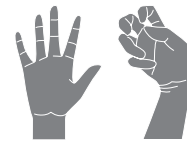
Shoulder shrugs

- Raise shoulders towards ears
- Hold
- Relax downward to a normal position



Upper body stretch

- Interlace fingers, turn palms upward and straighten arms above head
- Elongate arms to stretch through upper sides of your rib cage
- Hold 10-15 seconds
- Breathe deeply



Hand/finger stretch

- Separate and straighten fingers
- Hold 10 seconds
- Bend fingers at knuckle and hold 10 seconds
- Separate and straighten again



Neck tilts

- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then the other
- Hold 5 seconds on each side



Hamstring stretch

- Sitting, hold on to upper left leg just above and behind the knee
- Gently pull bent knee toward chest
- Hold 15-20 seconds
- Repeat on right leg



Back stretch

- Lean forward
- Keep head down and neck relaxed
- Hold 10-20 seconds
- Use hands to push yourself back up



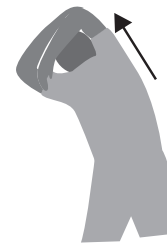
Wrist/forearm stretch

- Place hands palm to palm
- Rotate palms around until they face downward, keeping elbows even
- Hold 5-8 seconds



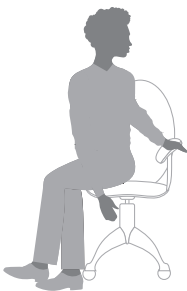
Upper back stretch

- Interlace fingers behind head with elbows out
- Pull shoulder blades together
- Hold 5 seconds, then relax



Side stretch

- Hold onto right elbow with left hand
- Gently pull your elbow behind your head to feel stretch in shoulder or back of upper arm
- Hold 10 seconds
- Don't overstretch or hold breath
- Repeat on left side



Back and hip stretch

- Bend left leg over right leg and look over left shoulder
- Place right hand on left thigh and apply pressure
- Repeat for right side



Wrist/forearm stretch

- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5-8 seconds



Neck stretch

- Sit or stand with arms hanging loosely
- Gently tilt head forward
- Keep shoulders relaxed downward
- Hold 5 seconds

If you feel pain, discomfort, numbness, tenderness, tingling, clumsiness, loss of strength and flexibility, stop exercising and contact your doctor.



The information provided here is for educational purposes only. It is not medical advice. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of this information. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.