

Sit right to Work right!

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Many of us work under hectic schedules and deadlines wherein we need to put in 12 to 13 hours working on the computer. While this may be inevitable given the nature of our work, it can lead to various kinds of problems, including strain on the eyes, swelling in the legs as a result of being seated at one place for too long, pain in the shoulders and neck, difficulty seeing clearly at a distance after prolonged computer use etc.

The following tips are easy and simple ways in which you can overcome the stress that constant work on the PC brings with it, and yet, maintain the wellbeing of your eyes and body thereby increasing productivity and performance.

Posture



Dont hunch over:

Try to sit in an upright position as far as possible. This will free you of back pain as well as upper neck pain. It is difficult to remain upright all the time, agreed, but consciously make an effort to and remind yourself to be upright as much as possible



Take the right type of chair:

Three ways to check your chair is right: First, make sure your chair is neither too low nor too high for your height. The height of the chair should be so that your feet lie flat onto the floor with thighs parallel to the floor. This will ensure there is no swelling in your legs. Second, your chair should be comfortable, with adjustable seats, armrests, back supports and heights to prevent repetitive stress injury. Third, it should be able to swivel 360 degrees. Ergonomic office chairs are recommended.

A one-minute quicker

While you are seated, move your hands sideways and rotate your shoulders. This would keep them flexible and at the end of the day you will not feel the stress on your back arm, shoulders and arms. Be sure not to hurt your neighbor!



Tip for the toe:

While at your seat, rotate your feet in a clockwise and anticlockwise direction. This again is for a few seconds, hence, keep doing it in between at various intervals. This would keep your legs from getting cramps and swelling.



Sit up and down:

In between work, simply stand, and sit and repeat these five times at one go. And then again you can repeat after about an hour. This will simply unwind you and wake you up off the boredom and noon slumber.

Say yes, yes, yes and no, no, no:

Make sure you nod when no one's watching; else you might be thought of as someone talking to himself. This will provide movement and agility to your neck.

Gaze at the ceiling:



Who has the time to leave work and simply gaze at the office ceiling? Sounds silly right? But wait a moment; you would be surprised to know that this silly bit of action can go a long way in giving you that perfect neck stretch you have been waiting for. And remember, to look up with your neck stretched completely. Put an alarm on your PC to go off after every hour that reminds you that you need to stretch.



Stretch your back with a "big hug":

Close your eyes, lie back on your chair, stretch your arms wide and bring them together to hug yourself with the right hand on your left shoulder and the left hand on your right shoulder. But remember not to hit someone who's passing by else you would be known to be hitting on people!