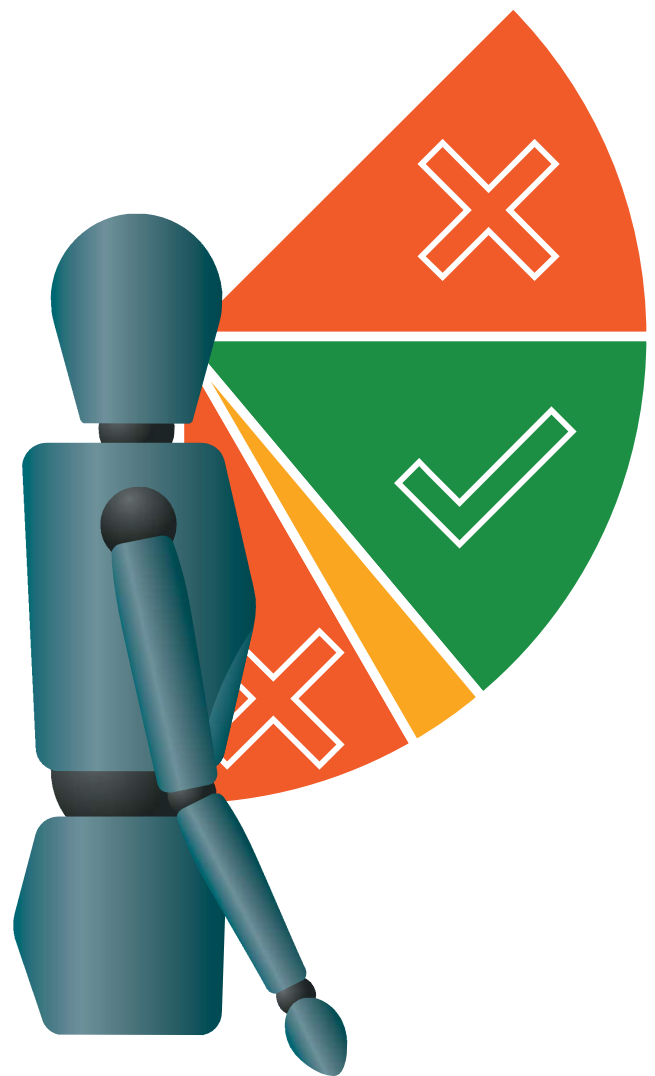


04 Look straight ahead



- Position your work and equipment to keep your gaze straight ahead.

- Position your work at or below eye level to match your vision and the task.



- Arrange your workspace so common items are centered to your body.

- Pause & stretch often to give your neck a break and minimize continuous bending or twisting.



Ideas for a healthy neck and shoulders

Use these ideas to improve every task at work and at home.

- Set up your workspace to look straight ahead.

- Characters or graphics on a screen can be enlarged, or the work can be better lit so you can easily see.

- Reducing glare lets you see better and helps prevent sore eyes.

- Get corrective lenses matched to your work if your vision is making you lean forward, twist or bend your neck to see.

- Position computer screens and objects requiring visual attention at or below eye level to match your vision and the task.

- Adjust the distance of your work or screen to about an arm’s length from your eyes, then fine tune the distance and height for your vision and task.

- Changing activities and building rest periods into the job allow the body to recover.

Did you know?

- Bending your neck forward (looking down) or backward (looking up) on a regular basis or for long periods without pauses can overload the muscles, leading to fatigue and possibly MSDs.

- Looking to one side and twisting your neck on a regular basis without pauses triples your risk of neck pain compared to looking straight ahead.

- If workers can’t see their work on a computer screen clearly, they tend to lean forward, bending and twisting their neck. It’s called “pigeon neck” and can lead to fatigue and pain in the neck and shoulders.

- If you have to look up when working overhead, it can quickly fatigue your neck, shoulders and upper back.

Improve your workplace

- Ask yourself and others, “Why does the job require bending and twisting of the neck?” until you figure out the cause of the problem.

To learn how your organization can pledge to prevent MSDs, visit:

nsc.org/msd

For questions, comments and suggestions please contact:

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