

# Neck-Arm Stress Control

## POSTURE STRESS

The first concern is to correct forward head posture. This will greatly improve your work comfort reducing the effort required to keep your head and shoulders upright.

The position of the head on the neck is vital to efficient use of the entire upper body at work. Correcting this posture is one key to reducing upper body work stress. Bad posture causes your neck muscles to over-work. This causes a loss of flexibility that makes your posture even worse. The poor posture and tight muscles increase the physical effort of your job resulting in needless work fatigue and possible injury.

## CORRECT FORWARD HEAD POSTURE; SIT UP STRAIGHT!!

Remind yourself constantly to sit fully upright and tuck your chin, eliminating forward head posture. After a period of constantly reminding yourself about this, it will become a habit.



## CONTROLLING FORWARD HEAD POSTURE CALLS FOR:

Constantly checking yourself . . . Constantly keep your chin tucked. One tip is to try to sit an inch taller. Give yourself some sort of reminder such as a note at your work station or setting an electronic watch to chime every hour. This stretch should be held 5-10 seconds.

## FLEXIBILITY

Upper body relaxation and flexibility are very important to successful and comfortable work. We recommend a few very simple stretches that are done frequently, perhaps every hour.

Lost production is not a worry. These stretches will greatly reduce work stress and will allow you to get more and better work done.

## WRIST STRETCH

Excessive hand use can tighten forearm muscles increasing pressures on their tendons as they pass through the wrist. Stretching these muscles can reduce the tension on these tendons. Place your hands in prayer position, keeping palms flat together as you raise your elbows to stretch your forearm muscles, stretching ten seconds. Shake your hands limp for a few seconds to loosen them. Repeat as you feel the need, depending on your work load this may be every 30 minutes - 1 hour.

