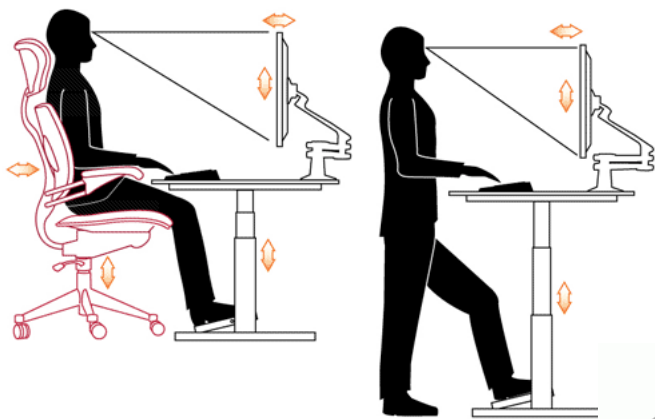
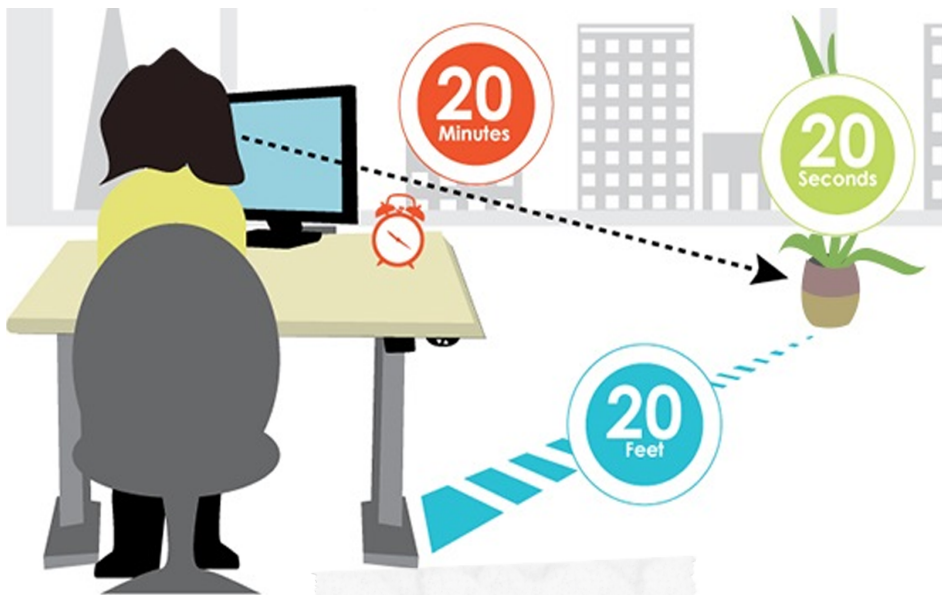


Ergonomics in an Office

20/20/20 Rule

Every 20 minutes, look at something at least 20 feet away for 20 seconds.

TIP: Look outside a window!



Sit/Stand Rotation

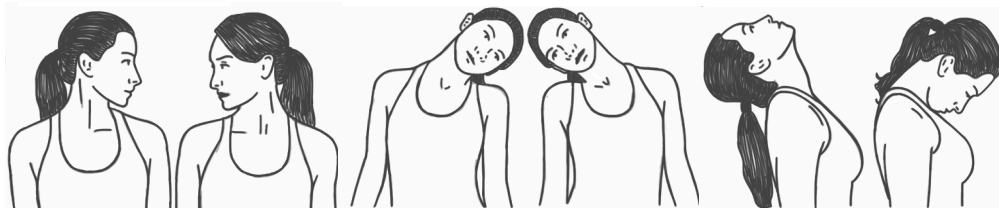
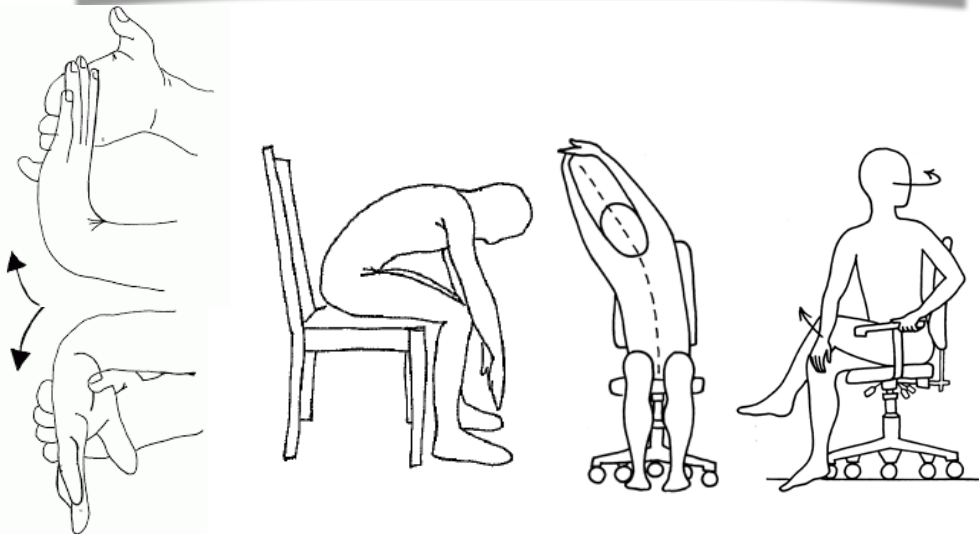
GOAL: stand 50% of the time at your desk
TO START: stand 15 minutes every hour

30:1 Rule

For every 30 minutes of stagnation, have at least one minute of stimulation

While sitting: seated stretches

While standing: shift your weight, standing stretches



REED COLLEGE

Environmental Health and Safety

ergo@reed.edu

reed.edu/ehs/ergonomics

