



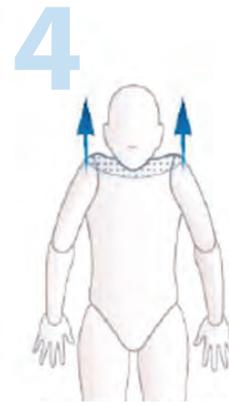
10-20 seconds, two times



8-10 seconds, each side



15-20 seconds



3-5 seconds, three times

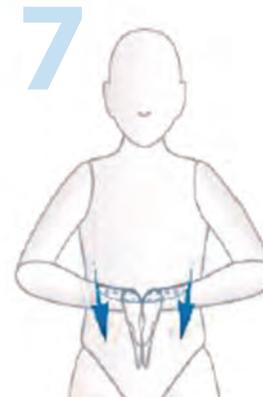
Ergonomic Stretches



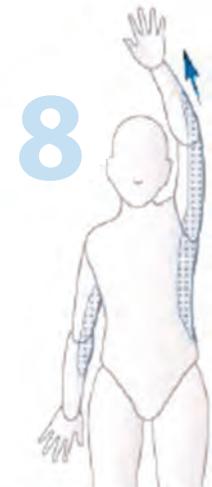
10-12 seconds, each arm



10 seconds



10 seconds



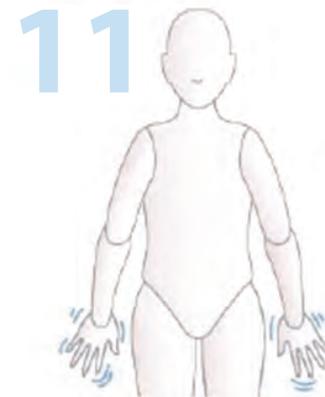
8-10 seconds, each side



8-10 seconds, each side



10-15 seconds, two times



Shake out hands, 8-10 seconds

Micro-breaks
1-2 minute break each hour
20-20-20 Rule
Take 20s to look at something 20 feet away; repeat every 20 minutes
Job Rotation
Every 2h change task or input device