

*Some simple advice to take away from this Seminar*

- ✓ Consider 'Hot Desking'
- ✓ When possible take calls standing up
- ✓ Stand at the end of each discrete task
- ✓ Change the height of your desk and/or chair regularly
- ✓ Rearrange furniture in your work area at least once a month
- ✓ If you are right handed, answer the phone with your left hand
- ✓ Change your computer monitor position morning and afternoon
- ✓ Take a walk for half of your lunch, or go to the gym to work out
- ✓ When the boss isn't looking lean back and put your feet on the desk
- ✓ Use a restroom that is upstairs, downstairs or in an inconvenient spot
- ✓ Move the wastebasket to a different spot every day (never within easy reach)
- ✓ When put on hold, inhale and exhale deeply using your diaphragm while you wait
- ✓ Raise and lower your keyboard daily and change the side you use your mouse regularly
- ✓ Make a point to stand when a colleague enters your work area to conduct a conversation
- ✓ Place the phone on the far side of the desk (but make sure this varies in position regularly)
- ✓ For our research on Ergonomics and the Occupational Environment visit <http://northwalesspineclinic.co.uk/patient-resources/research-in-ergonomics>

**If pain persists then seek help from a Health Professional at  
The North Wales Spine Clinic**