



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

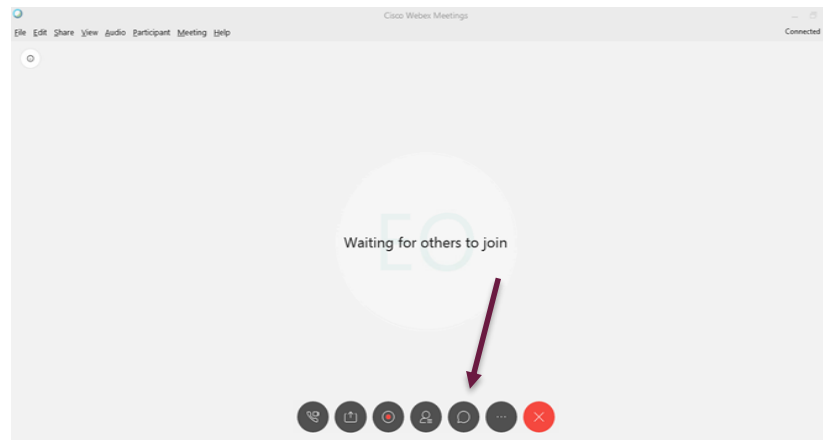
Ergonomics 101 – Vision & “Tech Neck”

Taught by the Harris Health System Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Class per day. You will not receive credit for Wellness Classes you have already completed. Please allow up to 4 weeks for your points to be reflected on myCigna.com.



Ergonomics 101

Class 1 – Posture

Class 2 – Workstation Basics

Class 3 – Vision & Tech Neck

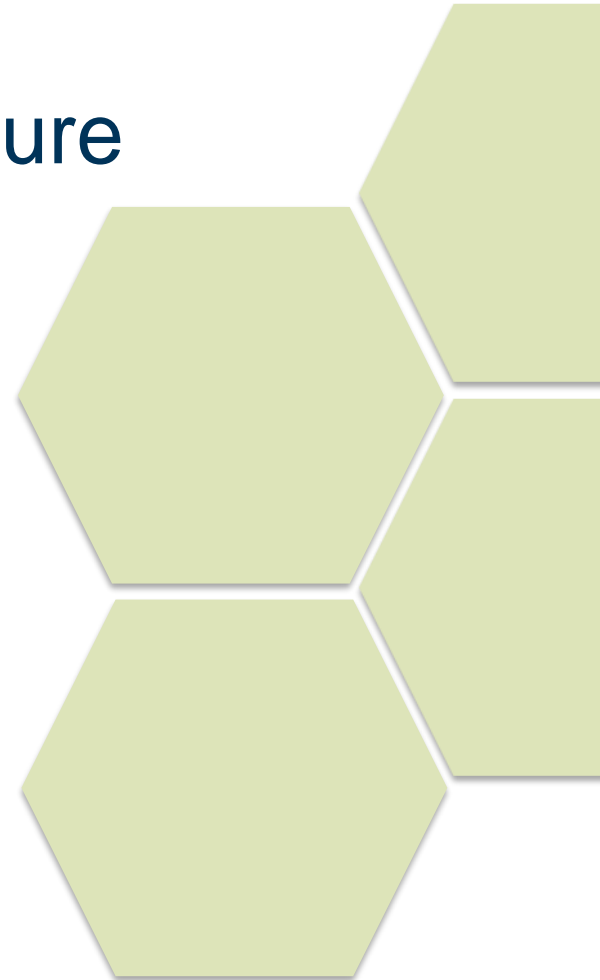
Class 4 – Preventing Repetitive Stress Injuries

Class 5 – Back Injury Prevention

Class 6 – Postural Assessment & Correction

Agenda & Learning Objectives

- Quick Review of Neutral Posture
- What is Tech Neck?
- Computer Vision syndrome
- Vision & posture
- Reduce your risk
- Something to consider

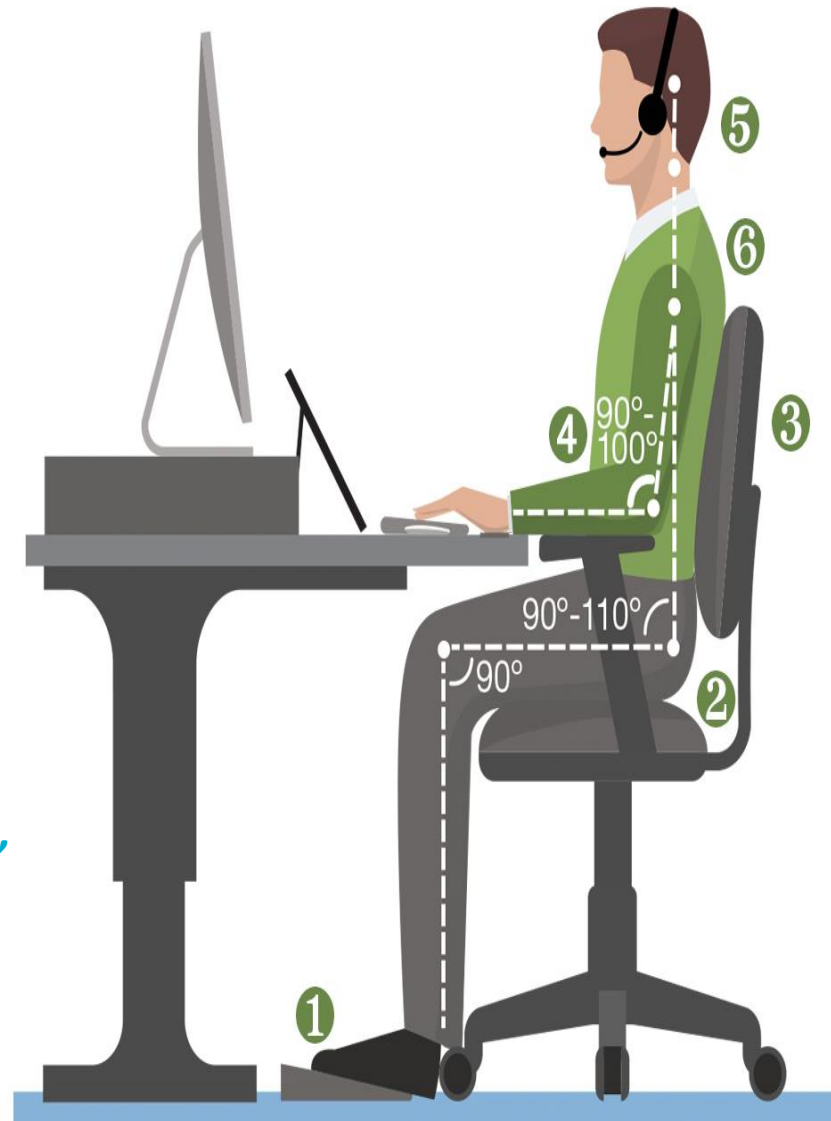


Neutral Posture

The position that requires the least amount of muscular activity.

Ears, shoulders, elbows & hips should be in alignment while working at your computer.

*“Stand up straight and realize who you are, that you tower over your circumstances.”
- Maya Angelou*



Head's up! Poll #1

Tech Neck

- Position of neck while looking down at a computer or phone
- Most spend an average of 2-4 hours a day in this position
- More if you're a teenager!



Risk factors

- Head weighs 10-12lbs
- While in neutral position there is little to no stress on the neck
- 15 degree tilt puts 27 lbs. of added pressure
- 60 degree tilt = 60 lbs. of added pressure!

Head's up! Poll #2



Computer Vision Syndrome

Symptoms

- Eyestrain & fatigue
- Headaches
- Blurred vision
- Dry eyes
- Neck & shoulder pain

Causes

- poor lighting
- glare on a digital screen
- improper viewing distances
- poor seating posture
- uncorrected vision problems
- a combination of these factors

Solutions, Tips & Tricks

- Computer glasses – glasses designed for viewing screens and at the correct distance
- Correct distance of monitor(s) and reference material
- 20-20-20 Rule
- Eye moisturizing drops
- Adequate lighting
- Anti-glare screens

Reduce your risk

- **Get Active**
- **Start the day with stretches**
- **Use tech correctly**
- **Limit screen time**
- Adjust lighting and monitors to reduce glare
- Use larger print/increase font size
- Blink frequently
- Practice 20-20-20 rule
- See ophthalmologist/optometrist annually

Something to consider



Write Your Ritual

Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

Writing a Ritual

Your Ultimate Mission



Write Your Healthy Vision Ritual

Examples:

- Today, I will hold my device up so my head can stay neutral
- I will practice the 20-20-20 rule 3 times during the day
- I will review my office setup to ensure it is encouraging proper posture
- I will avoid being on my phone/devices unless truly necessary

Summary

- Be mindful of your eye health and see your ophthalmologist/optometrist regularly
- 20-20-20 Rule
- Adjust your monitor settings until it feels comfortable

Track your rituals

Ergonomic Evaluation Requests

Requirements:

1. Complete all 6 classes of Ergonomics 101
2. Complete the Virtual Workstation Evaluation Request Form

Virtual Workstation Evaluation contact:
employeeewellness@harrishealth.org

Non-office/Industrial Evaluation contact:
suzanne.young@harrishealth.org

Resources

Ergonomic Resources

[OSHA eTools for Posture](#)

[OSHA Workstation Checklist](#)

[OSHA - Computer Workstations](#)

[Driving Ergonomics](#)

[OSHA - Controlling Ergonomic Hazards](#)

[Postural Correction](#)

www.common sense media.org

[Back Safety for Healthcare](#)

[Virtual Workstation Evaluation Request Form](#)

Stress Management Resources

- Employee Assistance Program
Online: www.feieap.com,
 - 800.638.3327
 - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching:
855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

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