

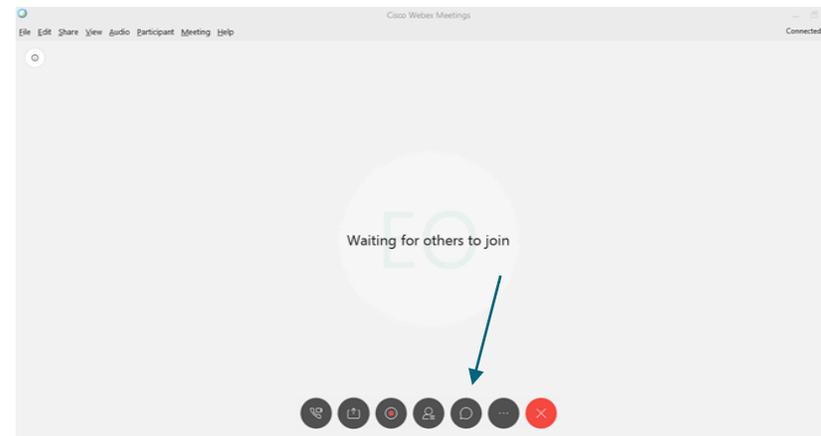


Ergonomics 101 – Vision & “Tech Neck”

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



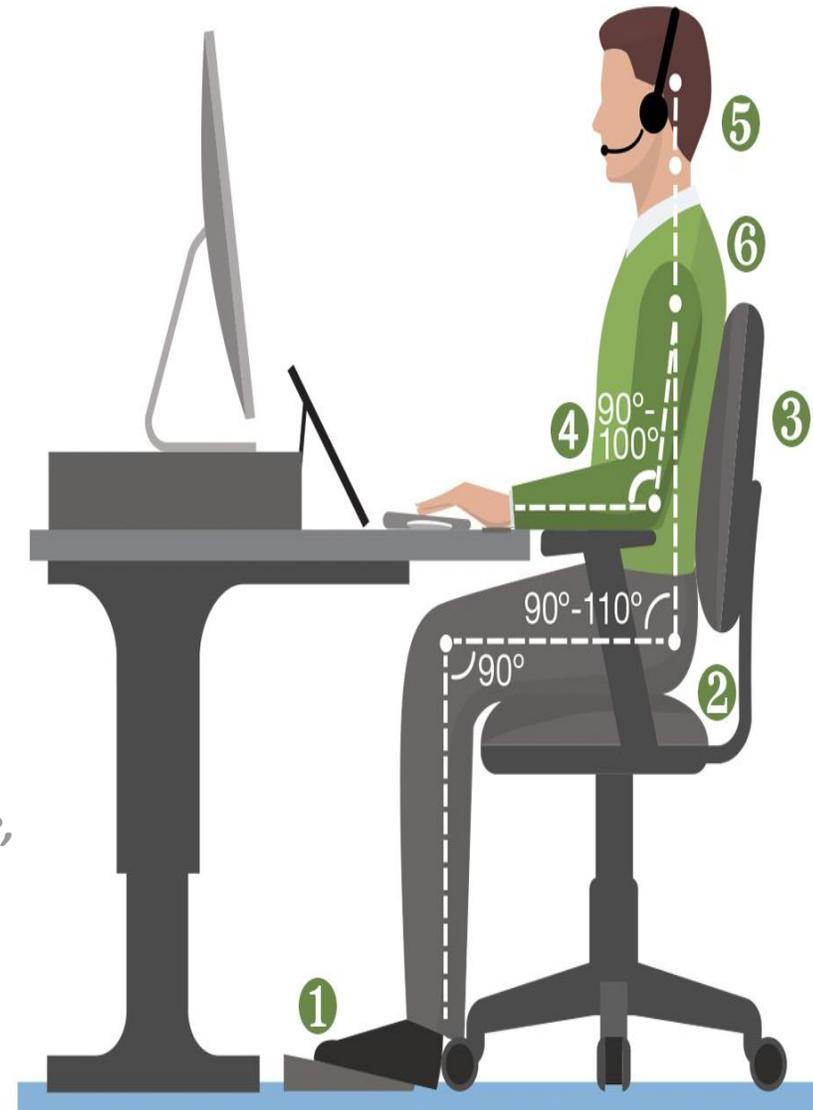
Neutral Posture is...

The position that requires the least amount of muscular activity.

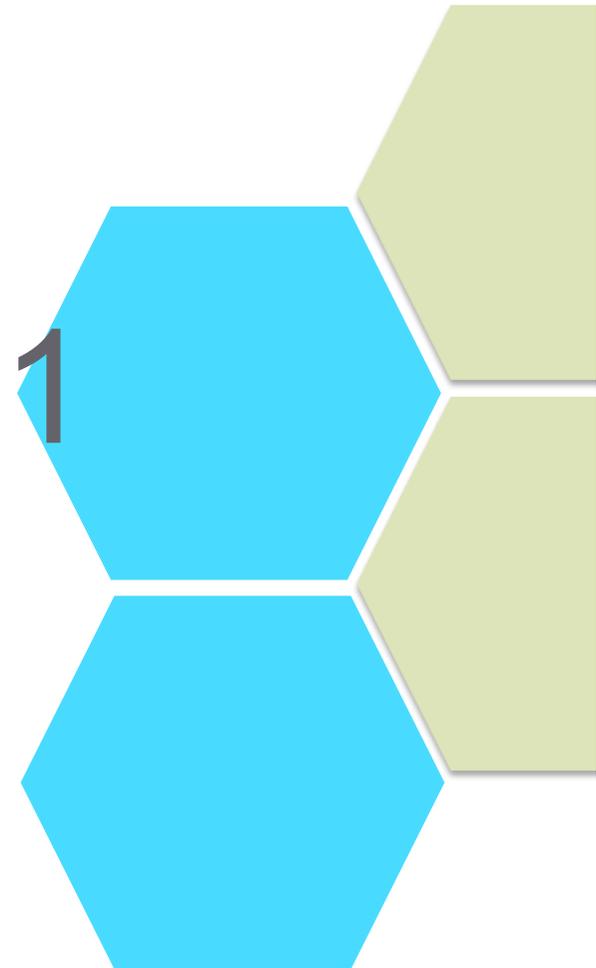
Ears, shoulders, elbows & hips should be in alignment while working at your computer.

“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



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

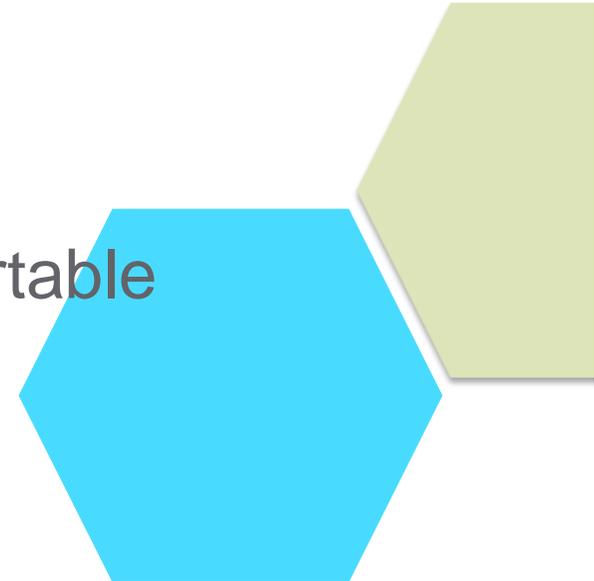
Summary

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:
employeewellness@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!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

employeewellness@harrishealth.org

[Visit our internet site!](#)