

Practicing ergonomics: improve how you move.

Understanding ergonomics, then putting those movements into practice, goes a long way toward pain prevention. It can often be as simple as taking breaks and doing stretching exercises.

Check out these five ways to improve ergonomics in your daily activities:



Elevate safety in the bathroom.

Adjust toilet and sink to heights that feel easy to use, so you don't have to lean or squat.

A real screensaver.

Is your phone's screen at eye level? Try placing it on a table or ledge so you don't need to bend or turn your neck to see it.



Now you're cooking.

Try cooking utensils with hand grips, providing a more comfortable, natural grip.

Make your workspace the place.

Have computer at eye level and elbows in line with wrists while ensuring feet are flat on the floor.



Drive safe.

Adjust seat and mirrors every time you get in the vehicle to prevent neck or body strains.