



Live Well

at BROWARD COLLEGE™

Mind Your Spine!

Ergonomic Workspaces
for Your Well-being

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Your workstation and work habits affect your energy, productivity, and overall health!



Ineffective workstations and work habits lead to:

Increased

Fatigue

Muscle and joint pain

Spine degeneration

Muscle imbalances

Injury and illness risk

Eyestrain and headache

Respiratory dysfunction

Decreased

Concentration

Analytical functioning

Productivity

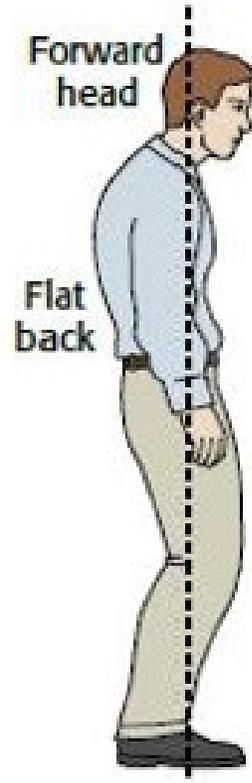
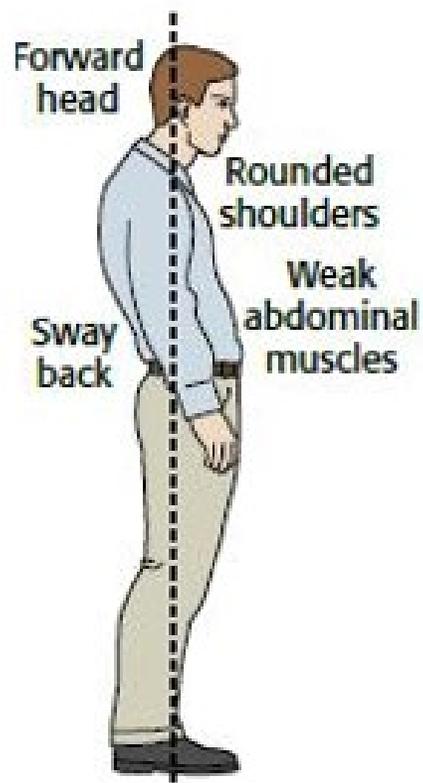
Mobility

Muscle strength

Metabolic rate

Insulin regulation

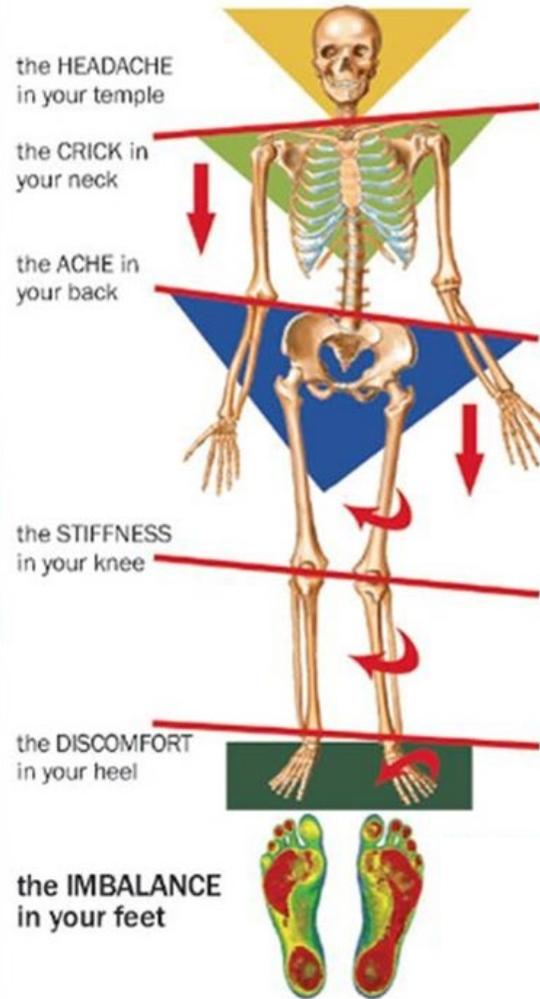
Poor posture examples



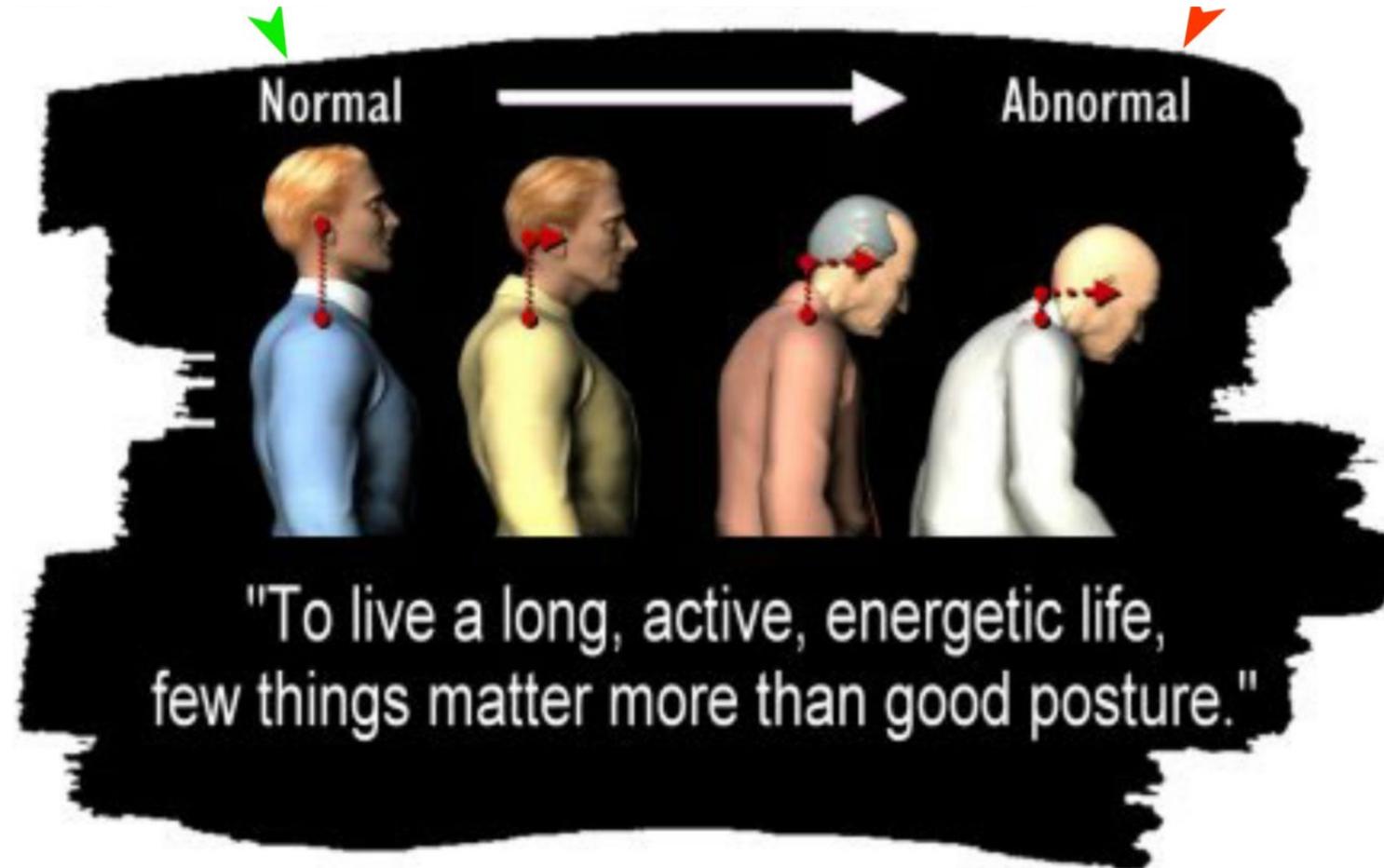
Any time the body is held in an unnatural position, muscles and muscle groups must remain contracted to hold that position.

This leads to muscle imbalances and strain to joints, ligaments, and tendons – resulting in pain and limitation.

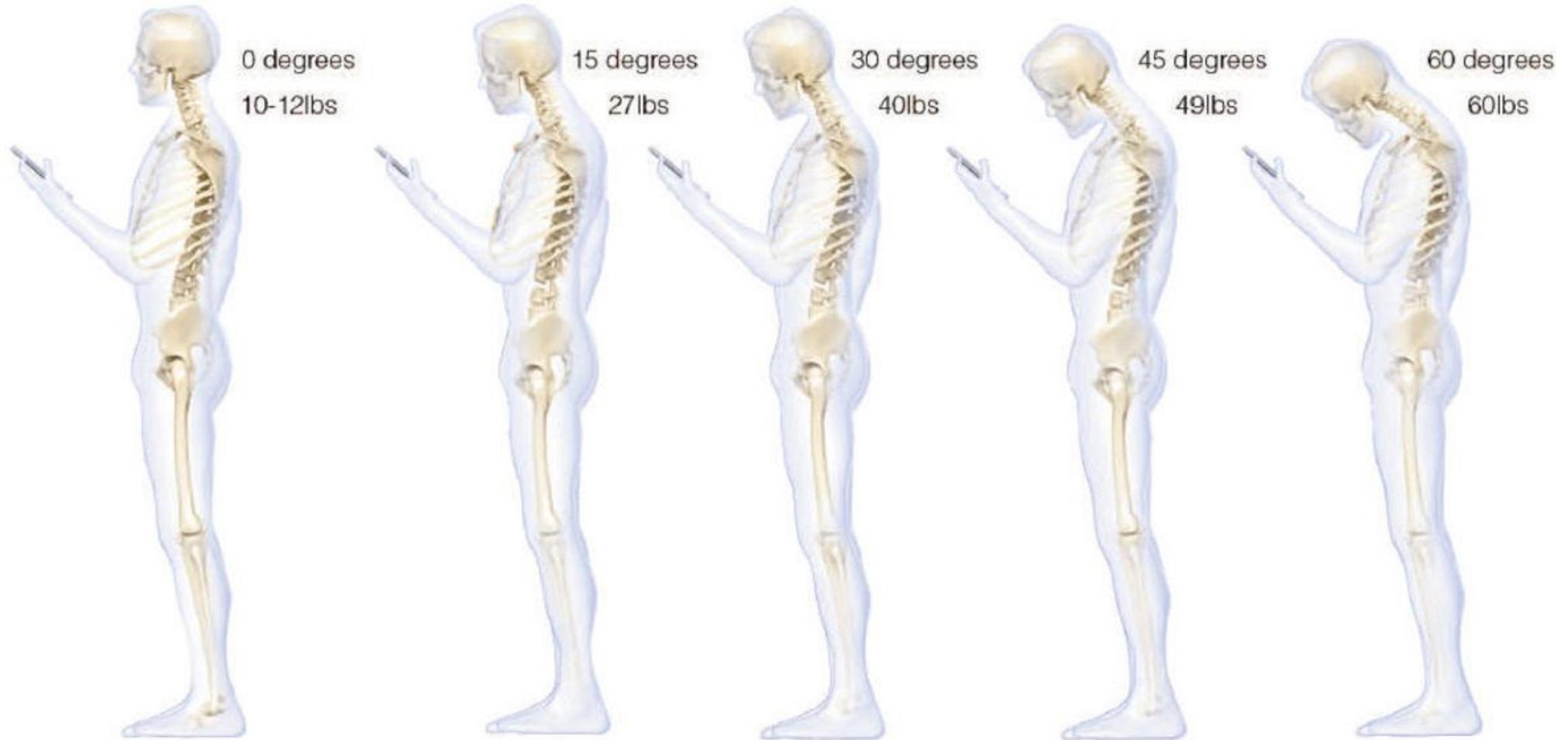
Any area in the body may be affected by poor posture while sitting, standing, and/or moving



You can reduce some of the symptoms of aging!



“Nerd neck” is becoming common in people of all ages and creates a chain reaction of spinal misalignments.

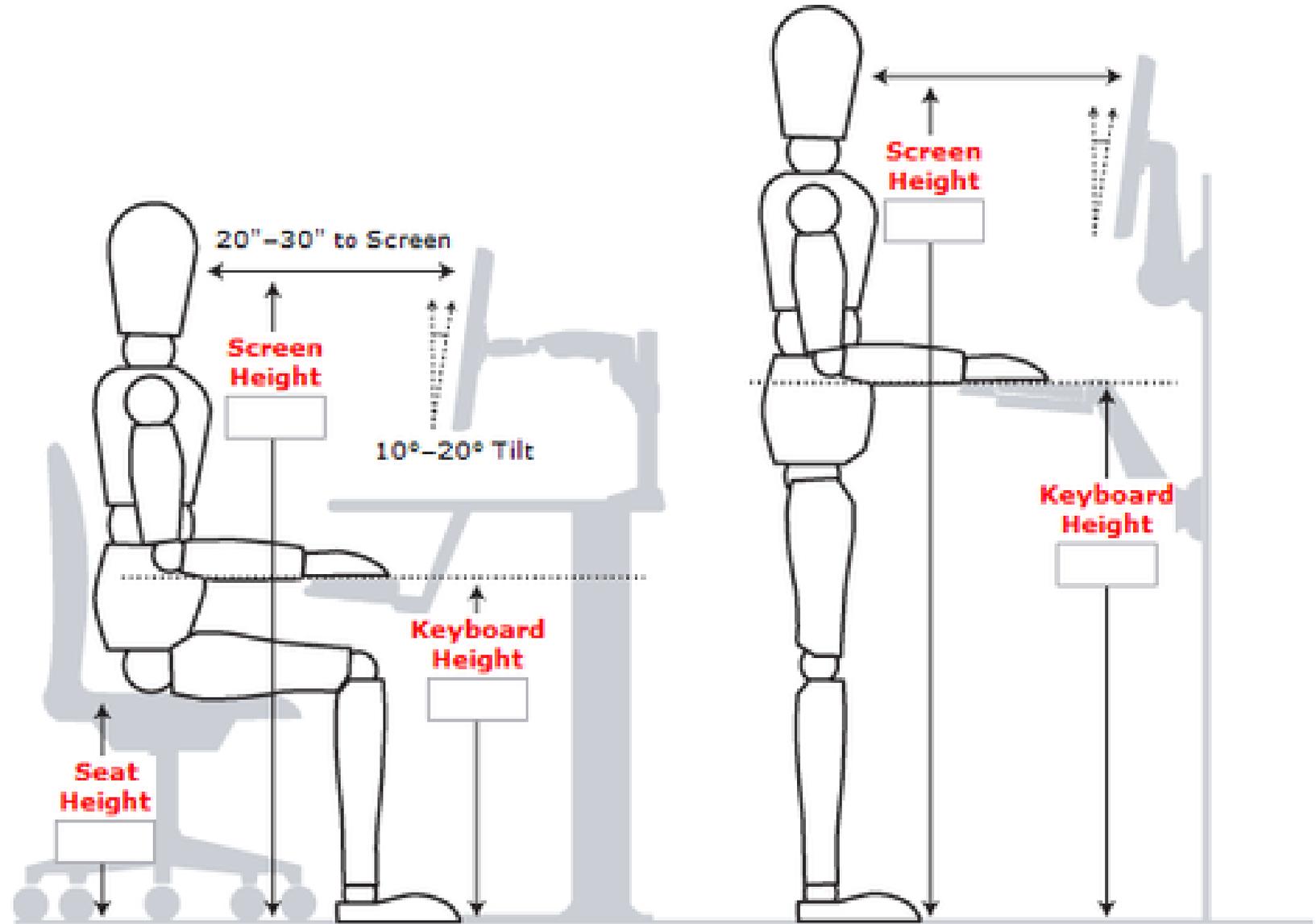


Optimize your workstation

Revisions to this
illustration:

Lean back slightly in
your chair instead of
sitting completely
straight

Use a backrest to
support your spine



Ergonomic products

(Not product endorsements – used as examples only. Lower cost equipment works just as well as products with a higher cost. Choose according to your needs and preferences.)



**Fellowes Professional Series Back Support
(8037601)**



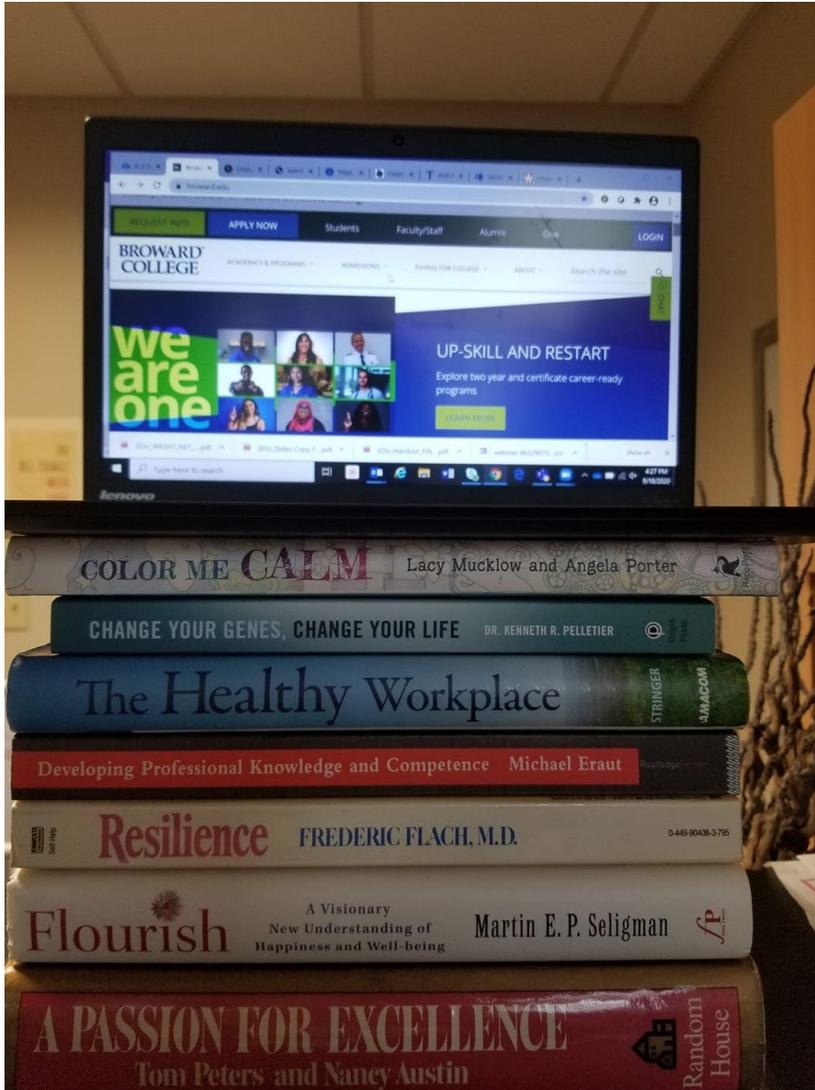
Adjustable Under Desk Footrest



Multiple brands - wireless

→If you stand for more than 10 minutes at a time, get a rubber floor mat – found at Beall's, Ross, Marshall's, etc.

Tips for home office setup



- ▶ Use a laptop as the monitor and get a separate keyboard and mouse. Only use laptop by itself periodically, for a short period of time (<20 minutes).
- ▶ Use books to with inspiring titles to elevate your monitor!
- ▶ Stuff Amazon or other boxes with packing material and use as a footrest.
- ▶ Get a comfortable seat cushion, other than memory foam which compresses and will not provide adequate comfort. Avoid sitting on hard chair surfaces.
- ▶ Check your lighting so there is no harsh light or glare on your monitor(s). Add lamps to balance out any uneven lighting. Define the type of lighting that does not give you eyestrain.
- ▶ Sit-stand desk options will be discussed by request, as there are many options to consider.

Assess your work habits & take breaks

**Use the “30-30” rule:
every 30 minutes, take a
30-second break**

**And – every hour, get up
and move, stretch, and
breathe for at least a
minute**

- ▶ **Reduces muscle tension & keeps joints mobile**
- ▶ **Restores energy**
- ▶ **Helps with focus & productivity**
- ▶ **Improves digestion**
- ▶ **Reduces eye strain & tension headaches**
- ▶ **Lowers injury risk**
- ▶ **Improves mood & mental well-being**
- ▶ **Development of healthier lifestyle habits**
- ▶ **Contributes to better sleep**
- ▶ **Enhances communication & relationships**

Arrange a personalized ergonomic workspace appointment



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Please contact

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Desk, chair, and other furniture arrangement

Computer equipment setup

Lighting recommendations

Multiple monitor accommodations

Seat cushion, back rest, footrest options

Stretches/relaxation activities for breaks

Small actions done consistently add up to major health benefits for lifelong well-being and vitality

