

Don't sit still!

Does your job involve a lot of computer work and do you want to prevent strain injuries? In that case it is indispensable that you set up and lay out your work place accordingly and remain aware of your sitting posture.



Always keep moving!

Use the stairs and get up from your chair to fetch copies from the copy machine or coffee, ...



Sit forward on your chair. Sit up straight. Now put one leg forward and keep your other leg under the seat of the chair.



Raise your shoulders up towards your ears and then relax and push down your shoulders.



Turn your head to the left and to the right.



Raise your arms to shoulder height. Turn your palms outwards. Interlock your fingers and push your arms outwards.



... tuck your chin in to make a double chin.



Put your heels on the floor and raise your toes.



Put your toes on the floor and raise your heels.



Gently roll your head in a circle, first back then forwards.



Forcefully spread your fingers apart.



Close your hands and make fists.



Place your hands on your buttocks and press your elbows towards each other.



Bend your head forward and gently shake it.



In front
er height,
gers, hold
ards. Stretch



Relax...



houlders in
wards, then



Press your back firmly into
the backrest of your chair.
Stretch your arms up.



forward
no.



Spread your arms to the
side and backwards.



Stand up straight.
First lift your toes,
then your heels.



Place one leg behind you
and keep it straight, with
your heel on the ground.
Slightly bend the knee of
the front leg.

Good to know...

- If you work at the computer for over four hours per day, you are at an increased risk for strain injuries.
- Take regular short breaks for exercises.
- Repeat all exercises five times. Always complete the series. Spread the series of exercises over the day.
- You should not experience pain while doing these exercises.
- Regularly change your sitting posture and take a few relaxing deep breaths.
- Regularly get up from your chair and walk around a little.
- Tips and hints on the appropriate layout of your workplace can be found in the IDEWE brochure 'Are you sitting comfortably?'.

REGIONAL OFFICES GROUP IDEWE

Contact us – We will be happy to help you !

Antwerpen

Tel. 03 218 83 83
antwerpen@idewe.be

Hasselt

Tel. 011 24 94 70
hasselt@idewe.be

Namur

Tel. 081 32 10 40
namur@idewe.be

Brussel

Tel. 02 237 33 24
brussel@idewe.be

Leuven

Tel. 016 39 04 38
leuven@idewe.be

Roeselare

Tel. 051 27 29 29
roeselare@idewe.be

Gent

Tel. 09 264 12 30
gent@idewe.be

Mechelen

Tel. 015 28 00 50
mechelen@idewe.be

Turnhout

Tel. 014 40 02 20
turnhout@idewe.be

Central services:

IDEWE vzw

Tel. 016 39 04 11
info@idewe.be

IBEVE vzw

Tel. 016 39 04 90
info@ibeve.be

www.idewe.be | info@idewe.be

