

Microbreak Reminders

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Give your body a break by changing positions regularly. This means moving in the opposite direction regularly for brief periods of time.

If you are having trouble creating some good habits, you can set-up reminders in your calendar program or look for natural cues to remember to take a break (e.g. stand up each time the phone rings).

Still not working for you? There are some great free software products that can be installed on your desktop to provide reminders. Two worth mentioning are:

WorkSafe Sam:

- ✓ WorkSafe Sam “Stretch Prompter” is a desktop tool that provides stretching tips to help reduce eye and muscle strain for office workers. (www.worksafebc.com)

WorkRave:

- ✓ WorkRave is a program that assists in the recovery and prevention of Repetitive Strain Injury (RSI). The program frequently alerts you to take micro-pauses, rest breaks, measures your mouse use (in meters!) and can help you set and keep daily limits. (www.workrave.org)

Of course, check with your IT department before loading any software on your computer.



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