

Hand Exercises to Reduce RSI

- Spread fingers apart for several seconds while keeping wrists straight.
- Gently push back fingers and then thumb.
- Dangle arms loosely at sides and then shake arms and hands.

Techniques to Ease Eyestrain

- Take an eye break every 30 to 60 minutes, rolling eyes in a complete circle and then closing them for a minute.
- Blink eyes every five seconds.
- Place display device about an arm's length away from your eyes with the top of the screen at eye level or below.
- Adjust the lighting.

Methods to Minimize Fatigue

- Take a break every 30 to 60 minutes, standing up and walking around or stretching