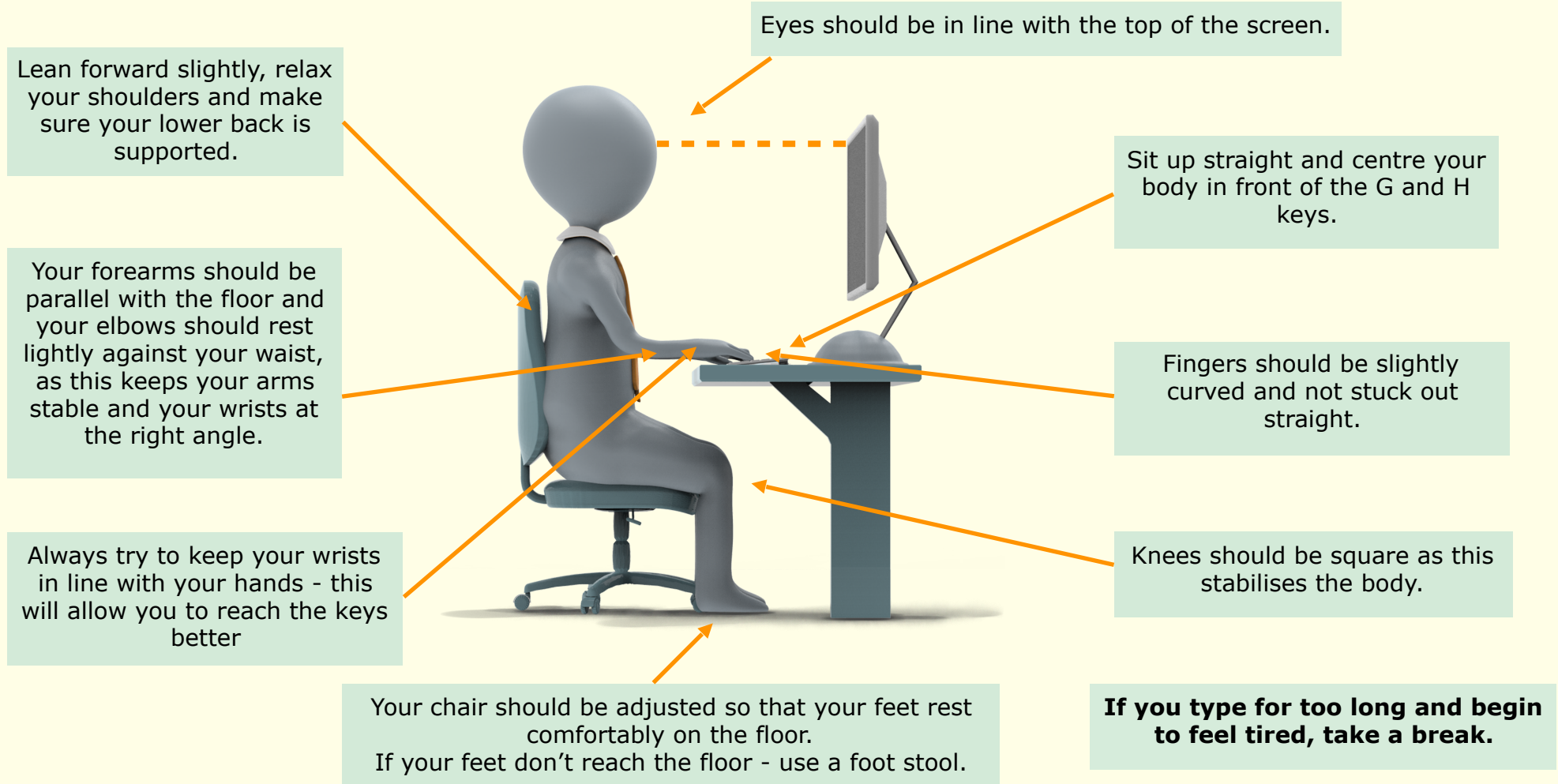


Correct **POSTURE** when sitting at a computer

Before you start typing, it is important that you are sitting comfortable and correctly. Good posture prevents strain!



Repetitive Strain Injury (RSI) is caused by the repetitive action/overuse of the upper limbs / body.

The signs and symptoms of RSI are pain, tenderness, stiffness, tingling or numbness, swelling or cramp in the fingers, hands wrists, arms, shoulder and neck.

To prevent RSI when using a computer, you must ensure correct posture, take regular breaks and carry out passive exercises.