Keep your **health** by **stretching** your body on an hourly basis!

• Stretching for your health •

• Neck Exercise

Using both thumbs, push your chin slowly upward.

Place your hand on your head and pull your head to the side.

Pull your chin down.

• Shoulder Exercise

Slowly move your shoulder joints around in circles.

Slowly pull your arm toward your body.

Hold your hands together behind your back, lift them upward and tilt your head back.

• Wrist Exercise

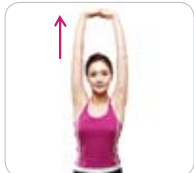Interlace your fingers together and rotate your hands in circles.

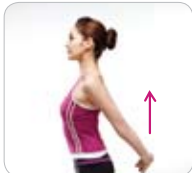Clasp your hands, release, and repeat.

Put your hands together, your elbows evenly leveled, and flip your hands toward the floor.

• Waist Exercise

Interlace your fingers together and slowly stretch your arms upward.

Interlace your fingers together behind your back and slowly lift your arms upward.

Interlace your fingers together, your palms reaching out while your head is down and your knees bent.

How to protect your body against injury!
Find the information on our homepage!

Various information on musculoskeletal disease
Click now!

www.kosha.or.kr

1 Business Guide

2 Occupational Health

3 Musculoskeletal Disease Prevention

※ Please find the information by clicking the above in order.

Please direct inquiries to Korea Occupational Safety & Health Agency.

Tel. 032-5100-720

조심조심 코리아

We're spending most of the day, with our computers

Preventing VDT Syndrom 5 guidelines

"Please follow these guidelines."

KOSHA
KOREA OCCUPATIONAL SAFETY & HEALTH AGENCY

VDT Syndrome (Video Display Terminal syndrome)

We use computers frequently and in many locations - at home, at the Internet cafe, at the library, and in the office. Computers have made our lives easier and improved work efficiency, however, the health risks including shoulder discomfort, xerophthalmia and back pain have been increased.

Office workers should try to create a pleasant and safe work space by taking such a variety of factors into consideration such as the office environment, the working condition, and the characteristics of workers.

Factors that need to be taken into consideration when working at a computer

Workplace
- Computer
- Desk
- Chair
- Peripheral

Worker
- Working posture
- Characteristics of body
- Gender

Work condition
- Work hours
- Intensity of work
- Break time

Office environment
- Lighting
- Noise
- Temperature

[Disorders caused from working long hours at computer]
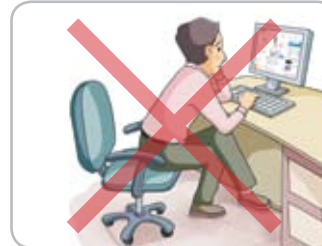
Carpal tunnel syndrome

Forward head posture

Ganglion

Please follow the "5 guidelines to prevent VDT syndrome" while working in front of your computer.

01 Sit straight and let your waist be supported by the seat back.

02 The computer screen should be at eye level.

03 The length of the keyboard and the work table should be at approximately elbow level.

04 Keep your wrists straight when typing or using a mouse. Don't bend them either up or down.

05 Do not forget to take a 10-minute break after an hour of work.

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