The DOD Ergonomics Working Group announces:

**- NEW POSTER -**

**Time to Take a Computer Break**

**Background**
The computer break poster is a useful tool in the overall prevention of work-related musculoskeletal disorders in an office environment. Taking microbreaks throughout the day interrupts the static postures office workers endure. The poster serves as a reminder to office workers to take microbreaks throughout the day, and suggests 10 “at your desk” exercises that can be performed during these short breaks.

**Target Audience**
Military and civilian office workers.

**Suggested Distribution**
- Include an 8 1/2 x 11 version of the poster with initial orientation materials for new employees.
- Display a full-size poster in a location of the office that is highly visible.
- Display an 8 1/2 x 11 version of the poster near the office worker’s computer monitor.
- Share the poster with installation leadership including the commander and office managers.

Copies of this poster—available in Adobe Acrobat Reader—can be found at the working group’s Web site, http://chppm-www.apgea.army.mil/ergowg/