

DoD Ergonomics Working Group NEWS



Issue 15, NOVEMBER 2002

<http://chppm-www.apgea.army.mil/>

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/>