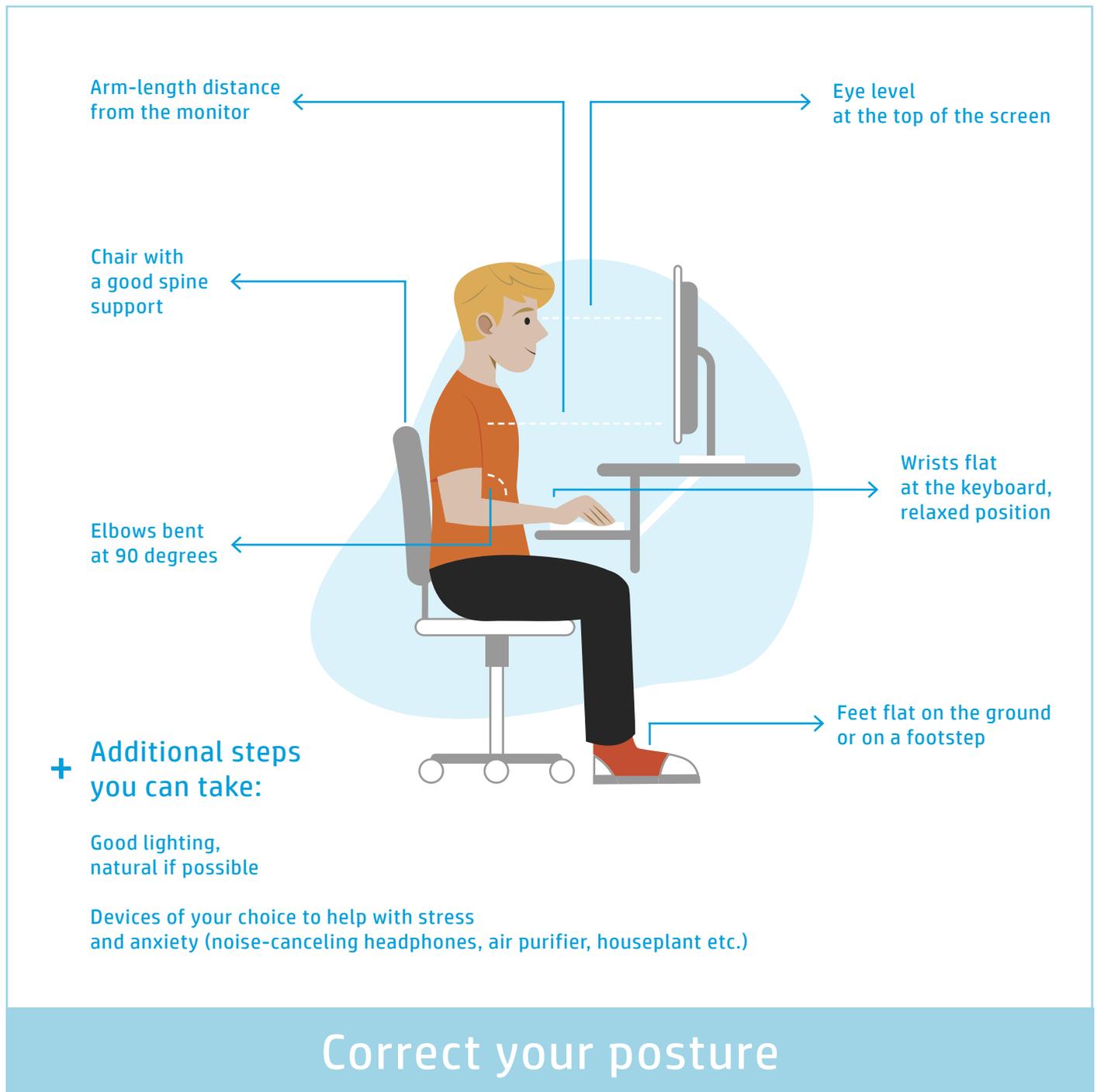


Improve your workstation set up



Studies conducted by Malaysian scientists have shown that “prolonged computer use in the workplace increases musculoskeletal issues among workers, with most experiencing problems after over 6 hours”, so it is very important to make the work setup safe and comfortable. By applying those tips, you can get rid of many stress factors and make your work a pleasure.



Sources:

THE EFFECTS OF WORKPLACE OFFICE ERGONOMIC INTERVENTION ON WORK-RELATED POSTURE AND MUSCULOSKELETAL SYMPTOMS: A SYSTEMATIC REVIEW | INTERNATIONAL JOURNAL OF ALLIED HEALTH SCIENCES (iium.edu.my)

7 Things You Need for an Ergonomically Correct Workstation | Wirecutter (nytimes.com)

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