



**Independent Living**

Assessment and Rehabilitation Services

## Discomfort Pain Injury Tips

- Micropause (3 seconds every 3 minutes).
- Alter your position (every 20 minutes).
- Carry out some regular stretches.
- Take your rest breaks/lunch break.
- Plan your time and alternate your tasks.
- Learn to say “NO” or delegate.
- Sit directly in front of your work.
- Give your eyes a break.
- Keep your wrists straight when typing.
- DON'T tuck the phone between your chin and shoulder.
- If it's out of reach **MOVE IT CLOSER.**



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