

**KOS|Ergonomics**  
THE POSTURE IMPROVERS

# REPETITIVE STRAIN INJURY PREVENTION

## HACKS

**Tips & Tricks To Help You  
Manage & Prevent RSI  
@Work!**



**KOS.ie**

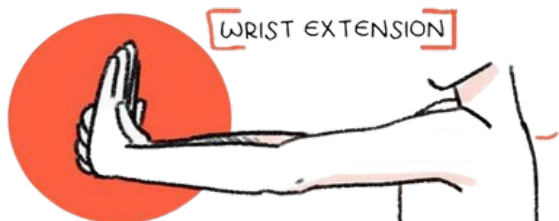
**Work Better.**



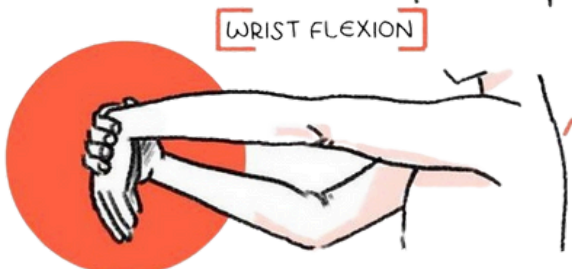


# WRIST EXERCISES

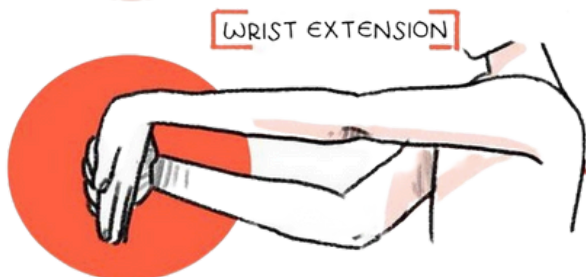
MAKE TIME  
TO STRETCH!



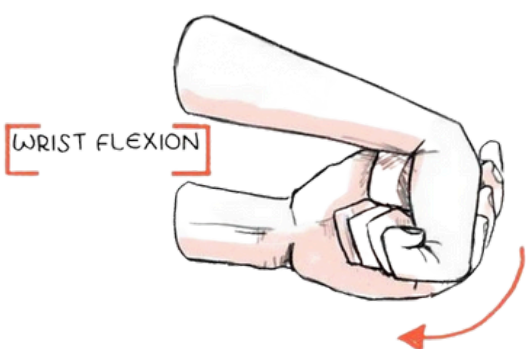
WRIST EXTENSION



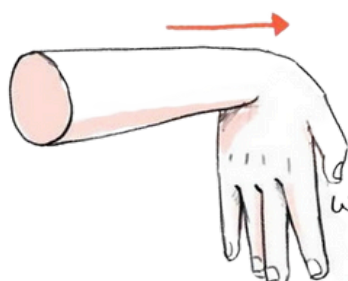
WRIST FLEXION



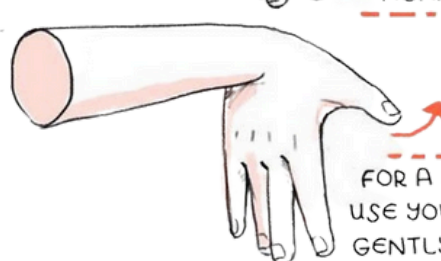
WRIST EXTENSION



WRIST FLEXION



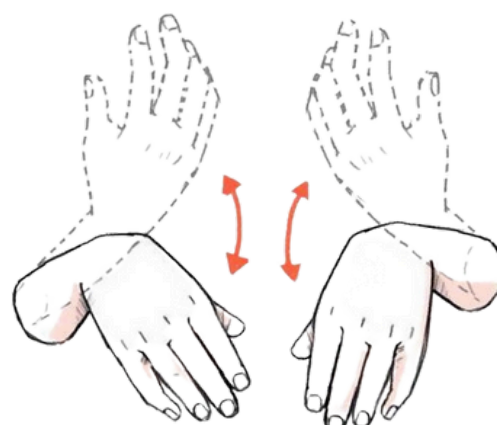
WITH YOUR WRIST FACING  
UP, PRESS YOUR PALM  
AGAINST A WALL



FOR A DEEPER STRETCH,  
USE YOUR OTHER HAND TO  
GENTLY LIFT YOUR THUMB



PUSH YOUR  
PALMS TOGETHER  
AND SLOWLY LOWER  
YOUR HANDS



SHAKE IT OUT!



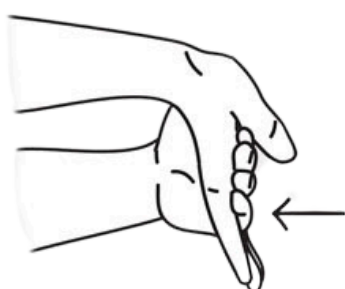
wrist curl



tilt back



"hammer"



wrist stretch



resistance press



fist rotations



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## Working From Home Hacks

# 5 TIPS FOR BETTER POSTURE AT HOME



1

### CHOOSE THE CORRECT EQUIPMENT

Setting up your workspace is important as it can effect your health and posture in the long term.

Make sure you have the right ergonomic equipment to make your space as comfortable as possible.

### DEDICATED WORKSPACE

As much as it is tempting to just wake up and work from the comfort of your bed, in the long-term it isn't going to aid productivity.

You will soon begin to feel the strain it will have on your neck, shoulders and back.

2



3

### STRICT WORK HOURS

Set some rigid working hours and stick to them.

Don't forget to take breaks to stretch your legs or have a quick 15 minute yoga session.



### POSTURE WATCH

Set an alarm for every 45 minutes.

This will help to alert you to make sure that you are sitting correctly at your workstation.

4

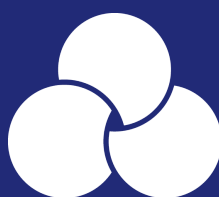


5

### DESK STRETCHES

Stretching is important.

It not only helps you loosen up but also it gives you a little energy boost. See some of our at home desk stretches below.



These simple steps can be incorporated into your daily routine to help you stay  
**Working Better.**





# 4 WFH WORKSTATION STRETCHES

01

## Forearm & Wrist Stretch

- Sitting upright, extend your arm in front of you, parallel to the floor.
- Using the opposite hand, pull the wrist back toward the body, to a point where a stretch can be felt.
- Pull the wrist back until feeling a stretch is the forearm, but without feeling any pain.
- Hold the position for 20–30 seconds.



02

## Pec & Chest Stretch

- Extend your arms from your sides so your forearms are facing away from your body.
- Begin to bring your arms back so you feel a stretch in your pectoral muscles.
- Relax and breath holding the stretch for 15–20 seconds.



03

## Overhead Stretch

- Standing or sitting upright, gently lift and extend arms straight over head, as far as comfort and range of motion will allow.
- Hold for 15/20 seconds



04

## Shoulder Stretch

- Bring one arm up to your chest and support with your other forearm.
- Pull it across your body toward your chest until you feel a stretch in your shoulder.
- Make sure to keep your elbow below shoulder height.
- Hold for 20–30 seconds per shoulder.

