Ergonomic Stretches

1. 10-20 seconds, two times
2. 8-10 seconds, each side
3. 15-20 seconds
4. 3-5 seconds, three times
5. 10-12 seconds, each arm
6. 10 seconds
7. 10 seconds
8. 8-10 seconds, each side
9. 8-10 seconds, each side
10. 10-15 seconds, two times
11. Shake out hands, 8-10 seconds

Micro-breaks
1-2 minute break each hour

20-20-20 Rule
Take 20s to look at something 20 feet away; repeat every 20 minutes

Job Rotation
Every 2h change task or input device