



Remote
Health

Course Materials

Ergonomics in the workplace & proper lifting

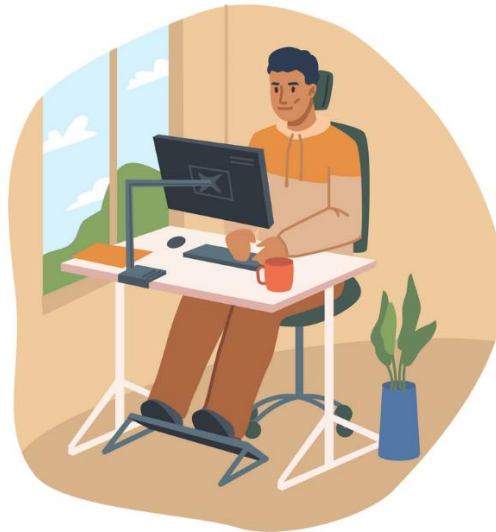
How to keep your back healthy



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 - Picking things up properly
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Ergonomics in the workplace ⁽¹⁾



What should the perfect workplace look like?

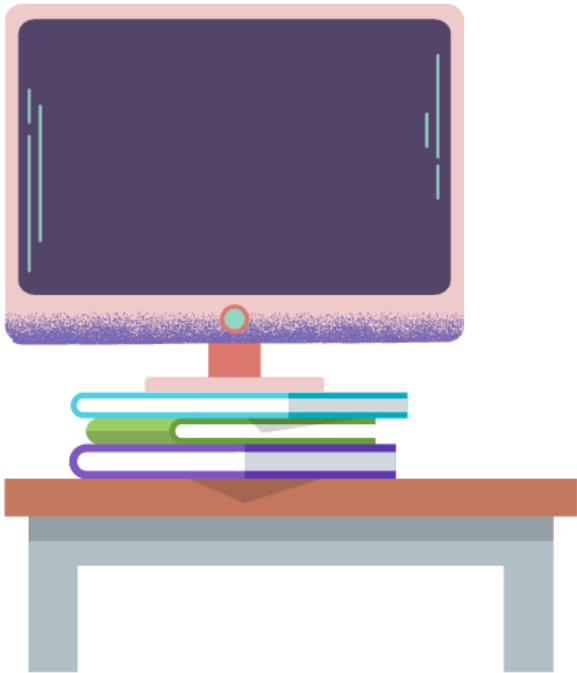
- Enough space and privacy
- Temperature approx. 20 - 24°C



- Individual adjustment
- Elbows at table level
- Screen-to-eye distance approx. 60-80 cm
- Top of screen at eye level
- Plants keeping to improve air quality

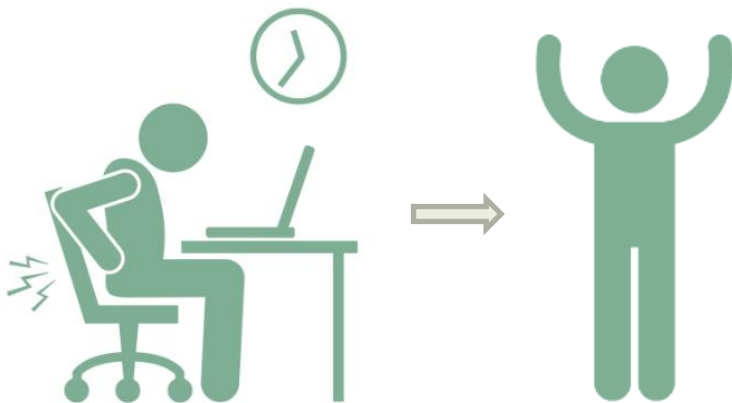
Individual and creative solutions for home office

Raise the screen with a stool or a stack of books



Sitting correctly – how does that even work?

- Stand up 2-3 times per hour
- Schedule standing breaks



- 60% dynamic sitting:
 - Alternating between sitting upright, bending forward and leaning back
 - 30% standing
 - 10% purposeful walking around
- **Improvement of concentration**

Proper lifting ⁽¹⁾

3 steps to back-friendly carrying



1. Preparation

- Reduce load weight
- Use tools
- Create an ergonomic environment
- Even weight distribution
- Get help from others!



2. Proper pick up

- Legs are as hip-width apart as possible
- Bend your knees and push your buttocks backwards
- Tighten your stomach and back, keeping your back straight and stable
- Push up the weight with your legs
- Exhale while lifting
- Reverse the sequence when lowering
- Avoid abrupt movements



3. Proper carrying

- Carry as close to the centre of the body as possible
- Stomach and back remain tense
- The back should remain as straight as possible - not leaning backwards or arching the back
- Avoid twisting movements in the back while carrying



Sources:

1. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Brochure, Technical University of Munich]. <https://drive.google.com/file/d/14WWBSzSyGuRIIg9sC2lc85tmfYm2A1qd/view?usp=sharing>

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