

7 Tips for working with a screen pain-free!

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Everywhere and all the time:

Computer screens

You know, sometimes you just get fed up with all that staring at screens. And when you want to know more about eyestrain or cramped neck or shoulder muscles, you usually set your eyes on a screen again....



Annoying, isn't it?

Pain symptoms

Maybe you don't even mind so much meeting up with someone or talking on the phone, instead of emailing or texting. But there are so many times when you can't help but sit in front of a screen to do some serious work. With pain, of course, this is no fun at all - and we know all about it here at R-Go Tools.





The solution

Prevention is better than cure!

Fortunately, we can provide you with the right tools to solve your complaints. But it is even better to prevent them. That is why we would like to give you the following tips, and all you have to do is pay attention to a few things. With them, you can prevent a lot of serious complaints!

Work healthily with your screen!

7 Tips

1. Support your body

Sit in the back of your chair with your back against the backrest and place your forearms on the armrest or on the table, so that your shoulders can relax and slouch.

2. Work in an upright posture

Place your keyboard and screen straight in front of you. Place the top of the screen at or slightly below eye level. This way you will automatically adopt an upright posture. Of course, this also applies to other screens, such as your laptop or phone.

3. Place essential things nearby

Avoid reaching far for your mouse and keyboard: place them close to your body. Don't forget your phone either.

4. Avoid small, repetitive movements

Typing causes fewer complaints than mouse usage, so use keyboard shortcuts as much as possible. Always move the mouse from your whole arm instead of your wrist and don't use just one hand all the time.

5. Relax in between work

Limit the number of hours you spend in front of a screen and regularly take short (micro) breaks. Rest your hands when you are not using the keyboard or mouse..

6. Get enough exercise

Alternate sitting regularly with standing and walking. Keep your body fit.

7. Listen to your body!



Usual posture

- > Did you know that setting up your monitor incorrectly has a direct effect on your posture and can quickly lead to physical complaints?



Healthy posture

- > Raising your monitor to eye level automatically straightens your posture and prevents neck and shoulder complaints.