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Occupational Therapy for everyone ergOTHérapie pour tous

10 Tips to Ensure Energy Everyday at Work

1. First, plan out your job tasks and assemble all needed supplies in advance.
2. Then use a cart or trolley to transport heavy items.
3. Use good posture; avoid excessive bending, reaching, carrying and lifting.
4. Alternate your position and take frequent stretch breaks throughout the day, a good rule of thumb is 10 minutes out of your chair for every 50 minutes you sit.
5. Pace yourself by rotating heavy tasks with light tasks throughout the day and the week.
6. Use two hands when you do need to lift objects.
7. Slide objects instead of lifting them wherever possible.
8. Avoid a prolonged tight grip or twisting motion of your hands and fingers.
9. Make your workplace and workspace comfortable for your body and spirit; consider your body proportions when setting up your desk, listen to music, wear comfortable clothing, choose pleasing visuals for your work area.
10. Listen to your body, pain is a signal that you are overdoing it!

To learn more about how occupational therapy can help you, your employees, your parents or your child contact the tOTAL ability team of occupational therapists at

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