

# ErgoTips

**Work Is Never More Urgent  
Than Our Health**

## MoveSafe® Principles

### Prepare and Maintain the Body

- Take breaks from the screen. Every 20 minutes, take 20 seconds to look at something 20 ft away.
- Rest in a neutral position (on both sides of hands, palms facing in) when not actively typing or mousing.
- Get out of your chair at least once an hour and perform an Interrupt stretch break.

