

Everyone home safe – through the working life

Good advice for monotonous work



- ✔ Try to limit the time spent on monotonous work as possible
- ✔ Try to change your body posture regularly
- ✔ Take a few minutes break on regular basis
- ✔ Take care of your well-being — stress can increase strain on the musculoskeletal system

- ✔ Pay special attention to wrists when you have to repeat monotonous movements
- ✔ Pay attention to the neck and shoulders due to work above shoulders
- ✔ Wear knee pads if you have to kneel