**MICRO-PAUSES**

Computer work can be demanding on posture because it requires the user to assume a rather static position. It can also be demanding on the visual level because it calls upon the eyes to focus, an action that could result in visual fatigue when looking at the screen for a long period of time.

To mitigate muscular and visual fatigue, we suggest taking micro-pauses. Taken at a frequency which meticulous work requires, they introduce a postural dynamism. Each movement is repeated and maintained according to the comfort desired, except where more precisely indicated.

Visual micro-pauses consist in looking toward the horizon in order to prevent the natural tendency of the eyes to focus during prolonged periods of work on a screen.

**Position of shoulders**

Raise your shoulders, bring them backward, then relax. Repeat this gesture in the opposite direction.

**Side inclines**

With your right hand pointing to the ground, perform a side incline using the right shoulder. Return to the neutral position and repeat the gesture on the left side.
**Arm extensions**

With your arms raised in a parallel position, palms facing the ceiling, push upward until full extension. Perform this movement while keeping your back straight, without arching your lower back. Maintain this position for 12 seconds. Repeat twice.

**Flexion of the back**

With both hands placed below your knee, draw your leg up toward you, and, with your nose facing toward the bent knee, flex your back. Maintain this position for 8 to 12 seconds. Repeat this movement with your other leg.

**Flexion and stretching of ankle**

With your leg extended and heel on the ground, point your foot up then lift it back toward you while bending your ankle. Repeat this movement with your other leg.

**Making semi-circles with your head**

Bend your head to one side, then forward, then to the other side. Repeat in the opposite direction. Repeat this movement a couple of times, slowly.

Source: René J. Comtois, ergonomist, RCSST
Reference: Guylaine Poulain, kinesiologist