

# FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY™

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## The Mouse is a BIG Deal! Who knew?

### Sitting...Ergonomics...and the Executive...Part Three

In our last [2 editions of "Sitting...Ergonomics...and the Executive"](#) we began our discussion on how to prevent insidious pains and discomforts caused by sitting and working on computers. These physical inconveniences along with fatigue and headaches are the result of "cumulative micro trauma" (CMT). It fits the definition of insidious perfectly as CMT is apparently hidden to most people until the "micro trauma" accumulates enough to cause the above mentioned physical manifestations.



The **GOOD** news is just because you sit while working and use a computer and a phone (Oh my goodness!!) *doesn't mean you have to feel bad!* There is a technique for everything in life and FIT's Laws of Sitting help people to prevent and eliminate CMT.

In our [last publication](#) I mentioned neck and shoulder discomfort and how a monitor's position can predispose one to these conditions. Well guess what else is causing countless people across globe neck, shoulder, headaches and wrist issues? It only weighs a few ounces but causes tons of pain to many

people. The **MOUSE**'s position dictates where 6% of your body's weight is positioned. Yes your arm and shoulder weigh approximately 6% of your body weight.

**Check this out:** Bend your elbow to a 90 degree angle with it next to your body. Now push your elbow (arm) away from your body about 4 inches, the approximate position people are in when working with their mouse. Hold your arm in that position for 30 seconds or so, or until you feel discomfort. Please notice where the discomfort is registering on your body. Now put your arm back close and next to your body again. Do you feel sudden relief?

You will significantly reduce neck and shoulder discomfort (and even some headaches) by keeping your elbow close to your body when “mousing”. **The basics of office ergonomics are VERY SIMPLE.** All of us can better control how we feel on and off the job by learning the how to sit and use our electronics properly. Call us to discuss our on-site employee and budget friendly [Sittingsafe® program](#) for office personnel and executives or our [Backsafe® program](#) for non-office personnel (800.775.2225).



Our next edition will address back pains and injuries and how they can be prevented on and off the job. Until then reread this series of 3 newsletters on how to prevent office related CMT and make yourself feel better to more enjoy the life you work so hard for!



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This article may be reprinted in its entirety provided that the following resource is left intact:

Future Industrial Technologies, Inc. (FIT) offers workplace safety and ergonomics training programs. Backsafe® teaches employees how to perform their specific job tasks in a manner that is biomechanically correct. Sittingsafe® teaches office employees how to adapt their existing workstations so they are ergonomically correct. These injury prevention programs make your workplace safer and are proven to reduce injuries and worker compensation insurance costs.

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