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Healthy Tips When Working In Front of A Computer

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Take Regular Breaks

Prolonged periods of sitting and staring at a computer screen can strain your eyes and lead to physical discomfort.

To alleviate this, follow the 20-20-20 rule: every 20 minutes, take a 20-second break and focus on something at least 20 feet away.
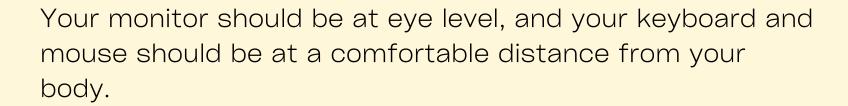
Use this time to stand up, stretch, and blink to reduce eye strain. Additionally, take short walks during longer breaks to prevent prolonged sitting.

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Ergonomic Workspace

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Set up your workspace with ergonomics in mind. Ensure that your chair and desk are at the right height to prevent awkward postures.

Your monitor should be at eye level, and your keyboard and mouse should be at a comfortable distance from your body.

A well-organized workspace reduces the risk of musculoskeletal problems and enhances overall comfort.

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