

# Micro-Movements and Virtual Ergonomics

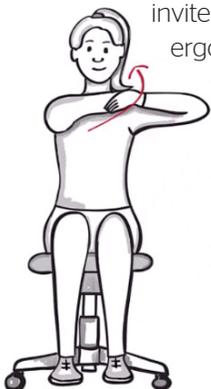
Do you want your employees to stay more engaged and mindful mentally and physically during virtual meetings and training to promote attentiveness and prevent ergonomic injuries?

Consider incorporating voluntary micro-movement reminders into presentation slide decks as part of your ergonomic process.

Correct office ergonomic solutions may increase productivity and lift employee morale while reducing the risk of repetitive stress injuries. Breaking up long periods of sitting with micro breaks can also help relieve cumulative discomforts from static postures and increase mindfulness.

Here are some tips and references to help integrate micro-movements into your presentations and daily life.

- Incorporate a brief video on ergonomics and the movement graphics from the video into your presentation
  - For example, the [Better Ergonomics for Better Health](#) video by SMG Health, is a 5-minute video with instructions on workstation setup and descriptions of suggested movements
- Use a pre-recorded message at the beginning of your presentation describing micro-movements
- Prep your meeting audience by including an explanation of micro-movements in your meeting invite along with a link to view a video on ergonomics or the micro-movement graphics



- Tailor the micro-movement graphics and intervals
  - Choose the micro-movements that best suit your environment
  - Create a formal break slide to show the micro-movements for a mid-meeting refresh



- Break up the micro-movement graphics on individual slides
- Use as many or as few reminders as it fits your company culture
- Incorporate the micro-movements on slides that the presenter spends more time on
- Check out our brief [tutorial](#) to get started

For more in-depth guidance and an example PowerPoint with video and graphics, reach out to Risk Solutions.

## Questions on Loss Control or Safety

- Visit the site: [QBE Risk Solutions Center](#)
- Call QBE at: **888.560.2635**
- Email QBE at: [RSC@us.qbe.com](mailto:RSC@us.qbe.com)

### References

Strategic Rest Breaks Reduce VDT Discomforts Without Impairing Production, NIOSH Study Finds <https://www.cdc.gov/niosh/updates/restbrks.html>

OSHA Computer Workstations eTool <https://www.osha.gov/SLTC/etools/computerworkstations/workprocess.html>

Easy Ergonomics for Desktop Computer Users [https://www.dir.ca.gov/dosh/dosh\\_publications/ComputerErgo.pdf](https://www.dir.ca.gov/dosh/dosh_publications/ComputerErgo.pdf)