

Rest Breaks

Task variation

Task variation ensures that a variety of working postures are assumed. Regular breaks will assist to relieve muscle fatigue, eyestrain and to restore the level of concentration.

Pause Break Reminder Programs

A number of computer applications are available for installation which provide users with tailored reminders to take rest breaks.

'Workrave' Software and Free Countdown Timer are free application's which can be downloaded for use with PCs.

<http://www.workrave.org/download/>

The Microsoft countdown timer can be set to remind you to move, exercise and take a break:

<http://free-countdown-timer.com/>

"Time Out" - Break Reminders is a similar application for use with MAC devices and available on the App Store.

Voice Recognition Software

Voice recognition software is also available to promote breaks from keyboard. A number of options are available, including but not limited to Dragon <https://www.nuance.com/en-au/dragon.html>

Note: The cost of purchasing the Dragon program must be met by the work area and is not part of DIT supported programs.

Stretches and exercises

Stretching and exercising helps prevent injuries by increasing blood flow and allowing individuals to change posture. Link ([Upper limb exercises](#)) provides information about pause exercises. If you have a medical condition or an existing injury, you should discuss the suggested sample exercises with your treating doctor and / or treatment provider and in all cases follow any specific advice or guidelines given by them.