



Tips for Teachers

You have a very important job! Do not let pain get in the way of doing what you love. Use these tips to avoid putting stress on your back, shoulders, arms, hands and wrists.

Lecturing

- Try to adjust your position at least every hour. Move before you become uncomfortable.
- Use an anti-fatigue mat to prevent lower-limb and back pain.
- Use a podium for reading books or documents.
- Consider having a stool on-hand to sit intermittently.
- Wear comfortable shoes that support your feet.
- Take stretch breaks for you and your students.

Grading Papers | Computer Work

- Use a chair that has a backrest, lumbar support, and can be adjusted for height.
- Your chair should be adjusted so your paperwork/computer keyboard is at elbow level.
- Use a footrest if your feet are not fully supported by the floor.
- Your shoulders should be relaxed with your elbows close to your body.
- Do not lean forward or sit back too far so you are reaching for items on your desk.
- A sloped document riser can help reduce neck strain.
- Take stretch breaks every hour for positional change and eye rest.

Other Tasks Throughout the Day

- Carry your books and other items in a backpack that distributes the weight equally to both shoulders rather than bags that put all the weight onto one shoulder.
- Always use good body mechanics when lifting something heavy (lift with your legs, not your back), or ask for help.
- Store lighter items on top shelves in your classroom.
- Avoid stacking heavy things above shoulder height, if possible.
- Keep a water bottle on your desk to help you stay hydrated. Take a brisk walk to fill it up.

