

Health and fitness series

High performance office work



About me



UCI Campus
Recreation

UCI Esports

Are you working from home, on campus or hybrid?

Go to www.menti.com

Enter the code shown on screen and vote

What device do you predominantly use?

Go to www.menti.com

Enter the code shown on screen and vote

Mouse

Type

Grip

Size

Special mouse (see ergo resource)

Mouse settings

Dots per inch (DPI)

Click Windows key + type “mouse”

Click mouse settings

Adjust your setting

Cursor speed

Higher cursor speed reduces the distance you have you move your mouse

The same settings can be adjusted on a laptop

Keyboard

Different types

Layout (full size, tenkeyless, 60%, wrist rests)

Key caps (texture, loud)

Key switches (sounds, actuation distance, force required to engage)

LED Lighting (red, green, blue)



Keyboard

EH&S Ergonomic Product Purchasing Guidelines

Post link in chat

Typing skills

Touch typing

Practice, practice, practise!

Type racer: <https://play.typeracer.com/>

Typing test: <https://www.typingtest.com/>

Keyboard shortcuts

Windows

Ctrl+shift+esc (open task manager)

windows+E (open file explorer)

Windows+L (lock computer)

Windows+← or → or ↑

Chrome

Shift+T (new tab)

Shift +W (close tab)

Ctrl+shift+T (reopen closed tab)

Ctrl+F (find on page)

Warming up, cool down and stretching

Warming up help to prevent injury and overuse

Cooling down does similar things

Stretching breaks helps to relieve tension and keep appendages mobile, limber

Let's go through a quick warm up routine

Tying it all together (holistically)

Sleep and restoration

Nutrition

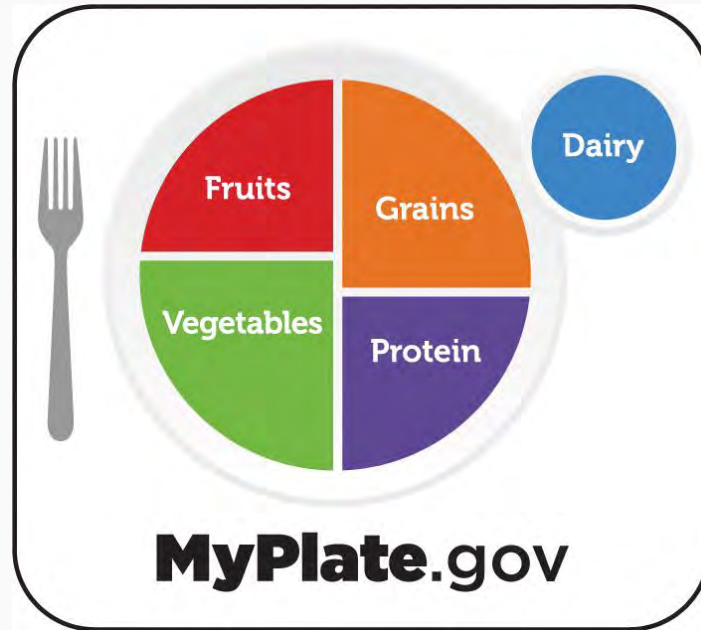
Ergonomic personal/office space

Create a sleep action plan

My sleep action plan

Wake up time	7am
I want to sleep for _ hours	7.5 hours
Bedtime (in bed already)	11pm
Electronics turned off/alarm set/put on charge for the night at:	10-10.30pm
Is my sleeping environment cool, quiet, dark and comfortable? (yes/no)	Yes
Winding down routine starts at:	10pm
My winding routine is:	Brush teeth, set alarm , read, meditation/breathing exercises, sleep

My plate



Water and caffeine

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

About 15.5 cups (3.7 liters) of fluids a day for men

About 11.5 cups (2.7 liters) of fluids a day for women

*This is from beverages and foods

Dehydration Urine Color Chart

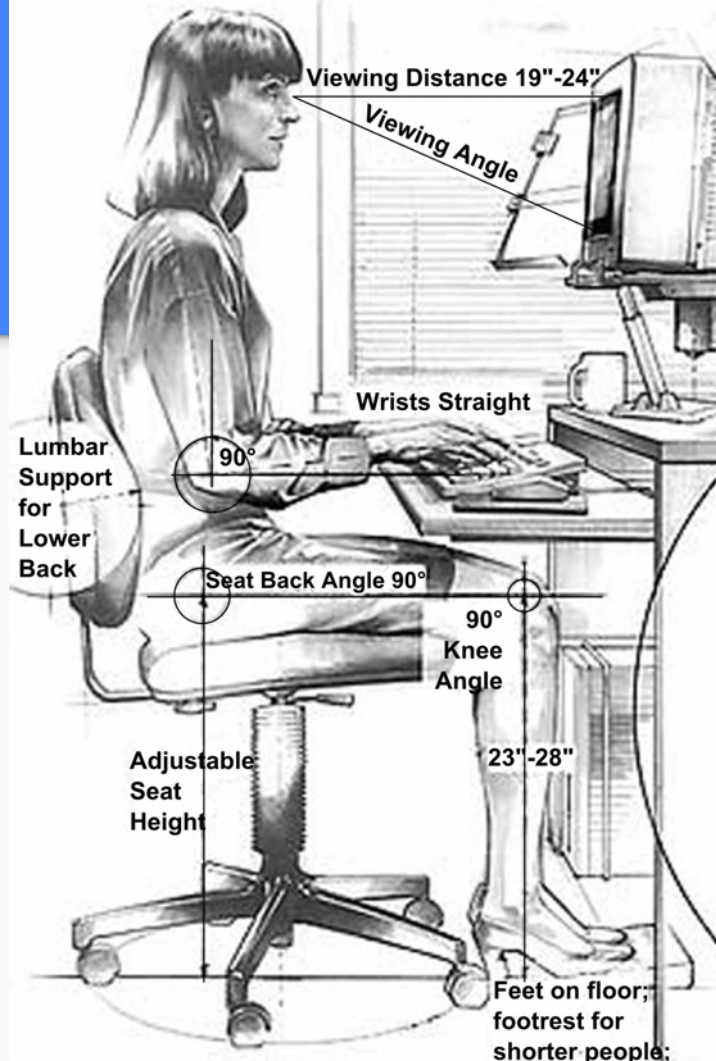
The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.

	Doing ok. You're probably well hydrated. Drink water as normal.
	You're just fine. You could stand to drink a little water now, maybe a small glass of water.
	Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
	Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
	Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com



Ergonomics



References and resources

1. Type racer: <https://play.typeracer.com/>
2. Typing test: <https://www.typingtest.com/>
3. <https://apps.adcom.uci.edu/cms/public/EnvironmentalHealthSafety/GeneralSafety/MiceInputDevices.pdf>
4. <https://portal.uci.edu/> (search ergonomics, click on main menu)

Questions

Q&A in chatbox

Email: hayleshp@uci.edu

Session recording will be posted on Campus Recreation webpage: <https://www.campusrec.uci.edu/>

Next session: Tuesday, May 18th: Yoga (Ashley)

Feedback is welcome