

ERGONOMIC TIPS

for your fall travels

EKHealth



COME FLY WITH ME!

If you're traveling with carry-on luggage, lift your luggage with your legs and step forward when putting your bags in the overhead compartment.



LET'S GET PHYSICAL!

Ensure you take breaks to stretch your head and neck, and blink your eyes.

On long trips, do leg exercises in your seat for better blood circulation.



PILLOW TALK TIME!

If you are using a laptop on a table, place some pillows on your chair to ensure your elbows are level with the height of the table.



ON THE ROAD AGAIN!

- Hips and knees should be level
- Keep your elbows next to your body when driving
- Adjust the angle of the back rest to your comfort