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Gaming Ergonomics



What is Ergonomics?

Ergonomics addresses ways to optimise your gaming setup to reduce health related risks.

Why is it important?

Gaming for prolonged periods can be harmful to your overall health and when you don't monitor/assess your gaming environment, it can lead to a range of injuries and health related issues.

Extended exposure to computer screens can cause permanent damage to the way your eyes function, including making you blink less often thereby exposing your eye surface to dust for prolonged periods of time.

Other risks include:

- Headaches
- Neck, Back and Hip Pain
- Carpal Tunnel Syndrome
- RSI (Repetitive Strain Injury)

Taking Breaks

Taking breaks is an important way to give your body and eyes a break from the stresses and strains as mentioned above. There are a number of types of breaks to address different parts of your body. Some of these include; eye breaks, micro breaks, rest breaks and exercise breaks.

It is recommended to take regular structured breaks over taking long breaks. For example: Every 25 minutes step away from your setup, walk around and have a stretch.

[RedBull - 7 Hand Exercises for Gamers](#)

Structured Gaming Sessions

Organising your personal time will allow you efficiency and effectively game without disrupting any other aspect of your personal life.

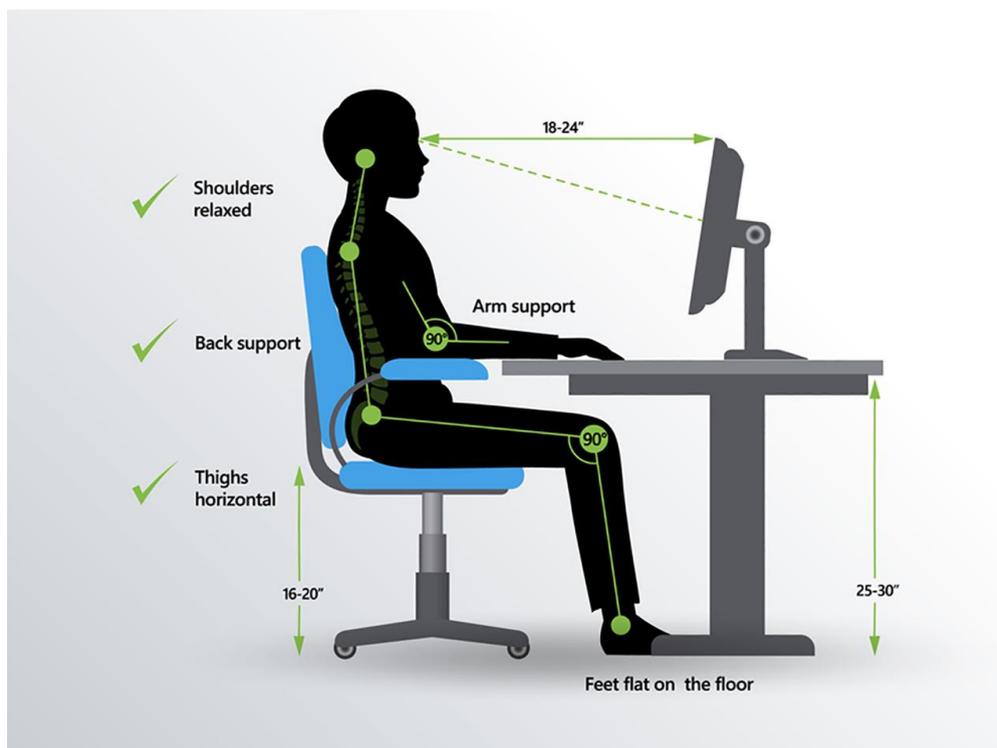
Tips to ensure you organise your gaming sessions without a hassle:

- Sort out a Discord call with a group of friends to organise a gaming session
- Preset the amount of time per gaming session, and be sure to follow the previous points on Taking Breaks & Wrist Exercises
- Ensure that all parties know that there is an end to the session, to ensure that no one is left out and/or alone

Change the type of games you play to reduce strain on eyes, wrists and posture

How to better protect yourself

Regardless of using a computer, console etc to play games, try to avoid sitting on a lounge, beanbag or stool and opt to sit at a desk with a height adjustable chair with support for your posture. Be sure to keep your feet flat on the floor and your elbows and knees at 90 degrees.



Recommended Equipment

- Height Adjustable Desk
- Height Adjustable Chair with lumbar support
- Height Adjustable Monitor
- Wrist Rest on Keyboard
- Ergonomic Mouse
- Laptop Stand
- Document Holder
- Good Lighting

Due to the risk to your eye health we advise being mindful of blinking to clear dust and debris from your eye surface and briefly looking away from the screen at something far away (over 10 metres) every 15 minutes to relax your eye muscles.

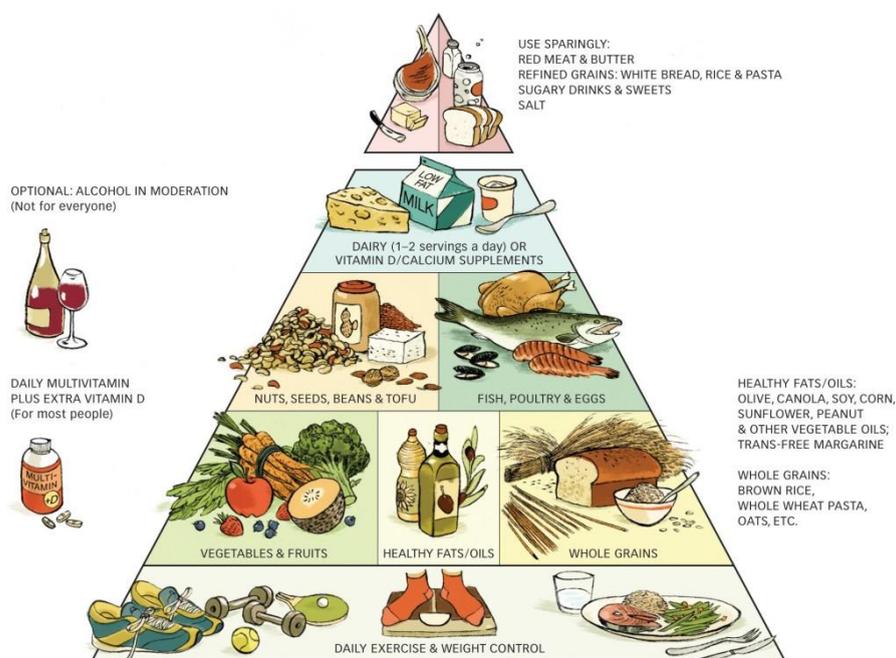
Eating & Hydration

A well balanced healthy diet is essential for good health and nutrition. It helps protect you from chronic disease. While eating is not directly linked to ergonomics it is good to provide your body with healthy foods. Eating healthy foods can improve your overall health and reduce some of the effects listed above.

Water is the best choice for quenching our thirst, it is sugar-free and as easy to find as the nearest tap. Limiting the intake of high sugar level items such as juice & soft drink is advised. Drinking water can also improve body function and provide clearer thoughts and better decision making.

THE HEALTHY EATING PYRAMID

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Source: [Harvard - The Nutrition Source](http://www.thenutritionsource.org)

The contents of this guide is for educational purposes and not intended to offer personal medical advice. You should see the advice of your physician or other qualified health provider with any questions you have.

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