

Healthy work habits to help prevent HEADACHES



1 Take screen breaks



At least every
20
minutes



look at something
20
metres away



for
20
seconds

2 Check your posture

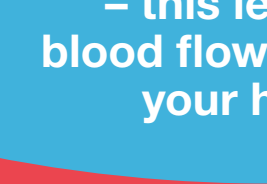
Good posture at your workstation >>> reduces tension >>> helps to prevent headaches

Balanced head, not leaning forward



Your head is heavy!
8%
of your body weight

Screen about an arm's length from you



Keep your neck muscles relaxed – this lets the blood flow freely to your head

Top of screen about eye level



Your ears should be in line with your shoulders

Avoid these:



You'll **feel** the benefits of improved head positioning

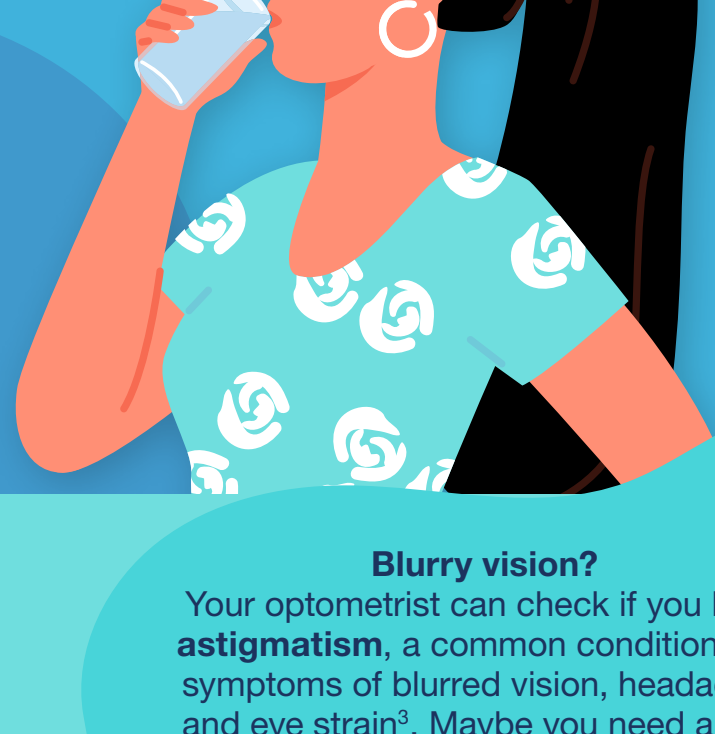
Follow these posture tips!



Click to download

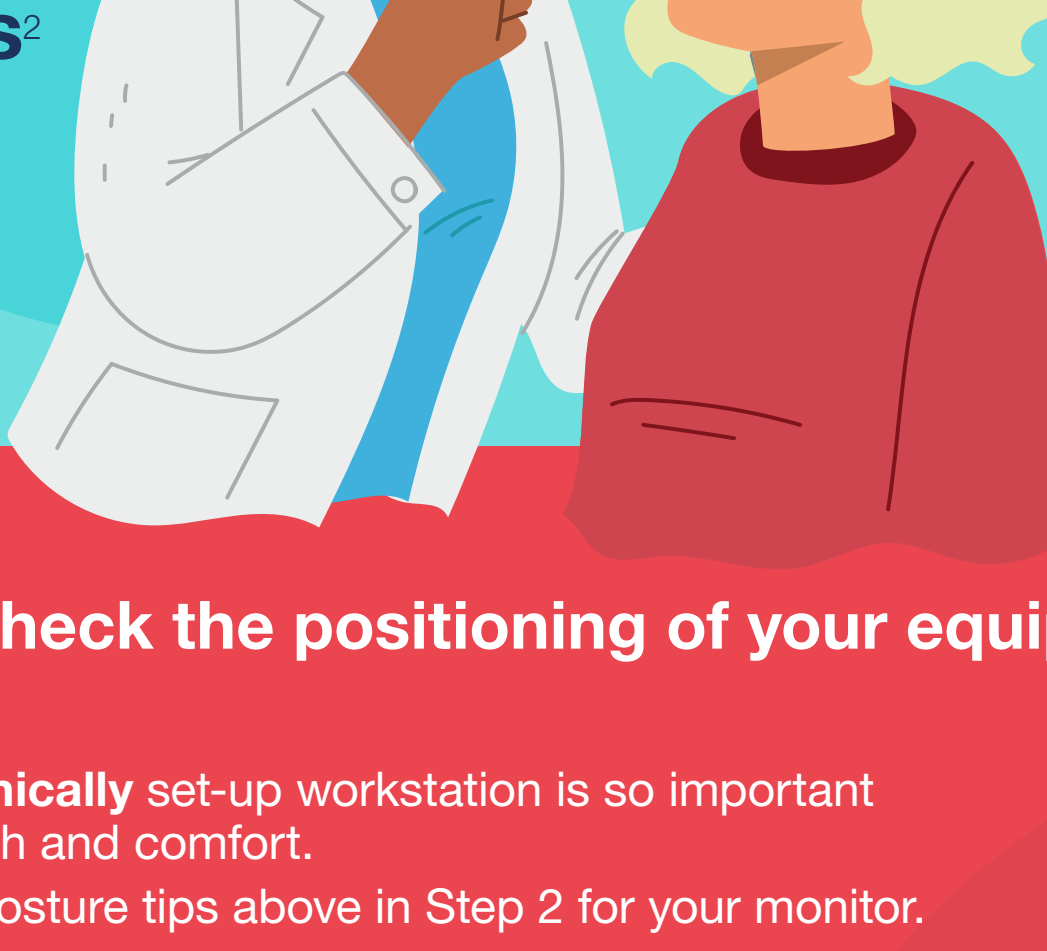
3 Keep hydrated

Water intake is a **low cost, non-invasive** and **low-risk** intervention to reduce or prevent headache pain.¹



4 Get your eyes examined

Most people should have their eyes examined at least **every 2 years**²



Blurry vision?
Your optometrist can check if you have **astigmatism**, a common condition with symptoms of blurred vision, headaches and eye strain³. Maybe you need a new prescription of glasses or contact lenses?

Smart employers are now offering staff **online eye screening tests** you can do in under 4 minutes from your desk, to check if you need further help⁴

Poor vision is detrimental to your posture too: if you can't see something, you might lean forward or squint

5 Check the positioning of your equipment

An **ergonomically** set-up workstation is so important to your health and comfort.

Follow the posture tips above in Step 2 for your monitor.

Using a laptop?

Elevate your screen, so you're looking **ahead** instead of downwards.

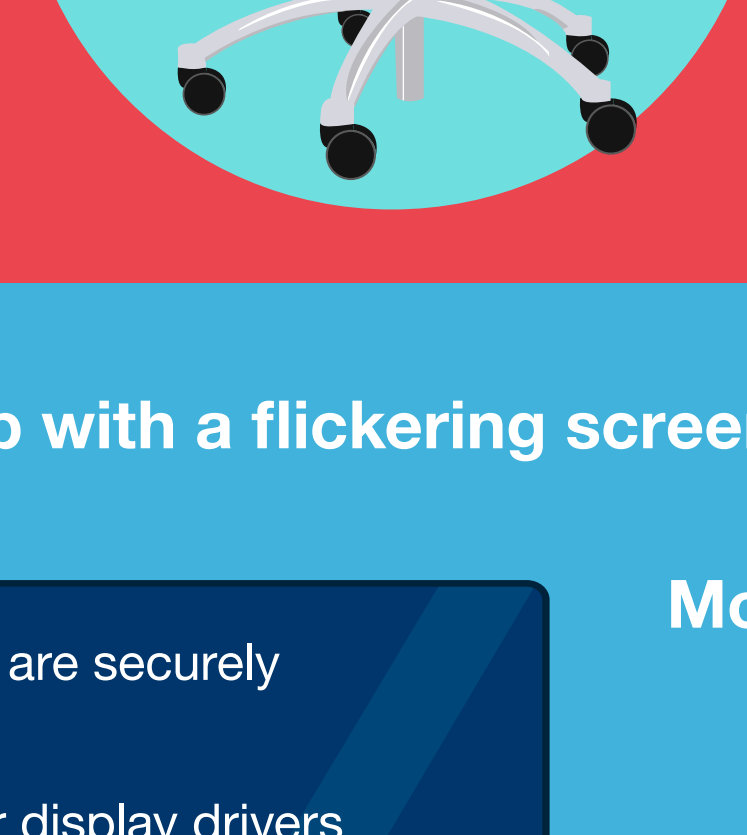
Could voice activation suit you?

If you're not a touch typist, voice activation software could help improve your posture too, as you won't need to look down at your keyboard.

Ergonomic chair for support

Adjustable to help you sit back and have your body supported.

The comfort and support will be felt through your spine and your neck.



Adjustable to get your positioning just right in relation to your desk and screen.

6 Don't put up with a flickering screen

- Ensure all cables are securely connected
- Try updating your display drivers
- If the flickering only occurs with specific apps, try updating or uninstalling them
- Replace screen if necessary

More troubleshooting for your screen

Is the screen excessively bright? Turn the brightness down so your eyes don't need to work as hard

Is there too much or too little contrast? Play with the settings

Is your computer 'dark mode' more comfortable for you?

Is the font too small for you? Change it in settings > accessibility > text size

Try a blue light filter to help reduce eye fatigue

7 Avoid glare on your screen

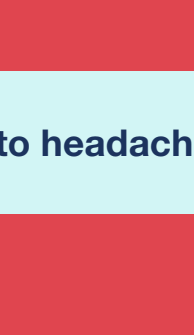
More good solutions:



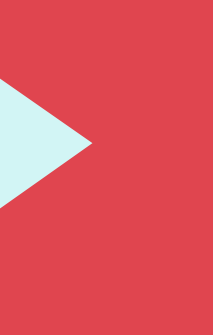
A window blind



An anti-glare filter



An arm-mounted light shade on a clamp

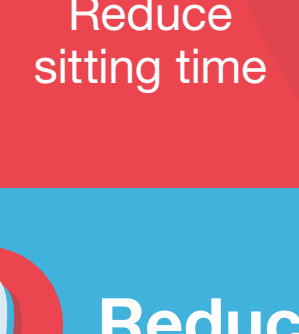


An anti-glare hood around your monitor screen

8 Take movement breaks

It's good for your whole body and mind to move away from your desk.

Moving >>> releases tension >>> tension can lead to headaches



Reduce sitting time



Stretch



Change position

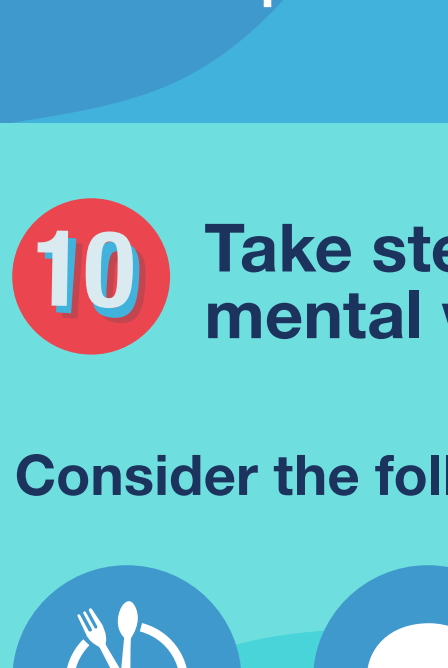
Short, frequent breaks are better than longer, infrequent ones.

To move in **fresh air**, especially if your office is stuffy, is ideal.

9 Reduce stress

Some causes of stress can be outside of your control, but identify causes you **can** control.

Prioritise:



Sleep



Exercise



Balanced diet

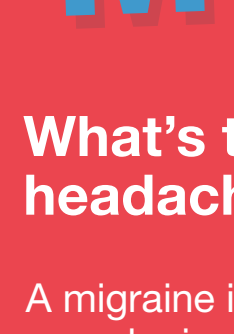


Try breathing exercises or just taking the time to concentrate on a few **good deep breaths** to aid relaxation and stress control.

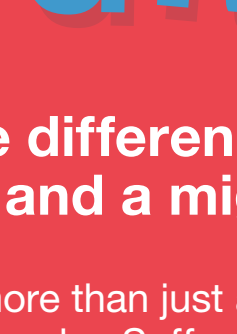
10 Take steps to improve mental wellbeing

Always go to your doctor with any concerns about headaches

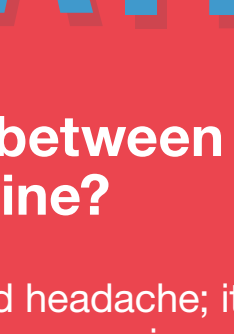
Consider the following:



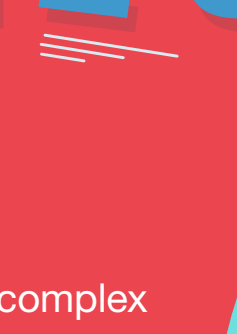
Reclaim your lunch break



Talk to your colleagues and avoid isolation



Listen to music at times while you work



Have a tick-list so you feel you are making progress



Ask for help when you need it



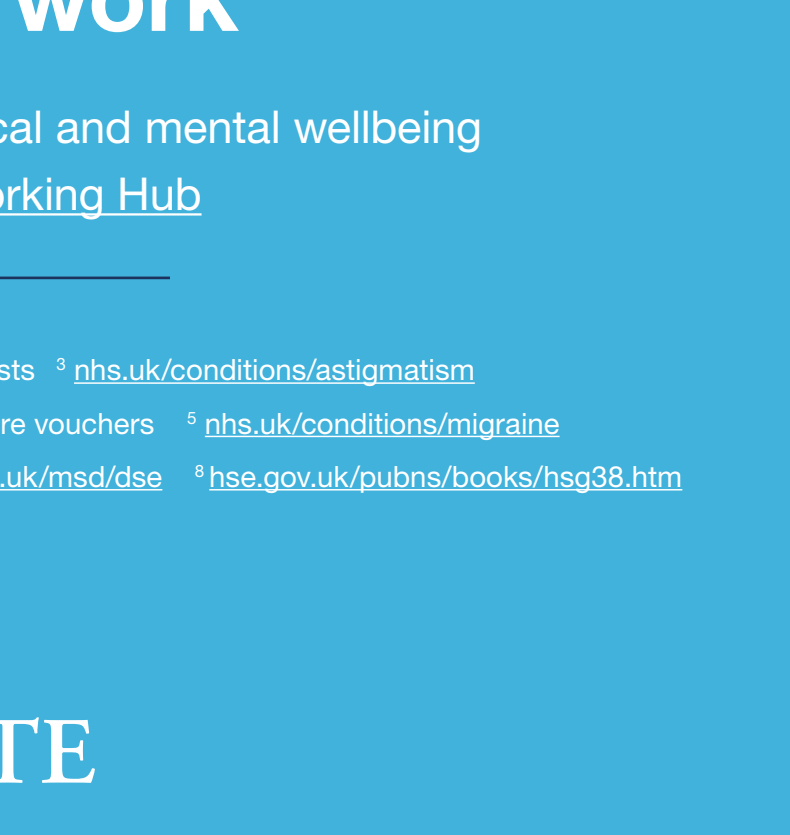
MIGRAINES

What's the difference between a headache and a migraine?

A migraine is more than just a bad headache; it's a complex neurological disorder. Sufferers can experience severe throbbing pain, often on one side of the head, and it may be accompanied by other symptoms including nausea, vomiting, and sensitivity to light and sound. Sometimes there is no headache at all.

Some people get warning signs called an aura that they're about to have a migraine, such as seeing zigzag lines or flashing lights, or feeling a tingling.⁵

Migraine is too complex a condition to cover in a few short sentences. The [Migraine Trust](#) and your doctor can help.



Migraines usually last between **2 hours and 3 days**⁶

Workdays lost to migraine in UK per year: **43 million days** at cost of **£4bn**⁷

Wellbeing at work

Explore advice for every aspect of physical and mental wellbeing in the [Posturite Healthy Working Hub](#)

¹ Amy Price, University of Oxford ² The College of Optometrists ³ [nhs.uk/conditions/astigmatism](#)

⁴ Ask Posturite about Ocushield employee eye screening and eye care vouchers ⁵ [nhs.uk/conditions/migraine](#)

⁶ [lancaster.ac.uk/work-foundation/publications/societys-headache](#) ⁷ [hse.gov.uk/msd/dse](#) ⁸ [hse.gov.uk/pubns/books/hsg38.htm](#)