

TOOLKIT TO SURVIVE RHEUMATIC DISEASES IN THE WORKPLACE



Different tools can help you at work by relieving pressure and strain on joints. Here are some examples of different things you can try. These tips can be great for students too!

For your hands and wrists

Ergonomic mouse and keyboard

- To limit pressure and strain when using the computer



Compression and heated gloves

- To provide relief from pain and stability



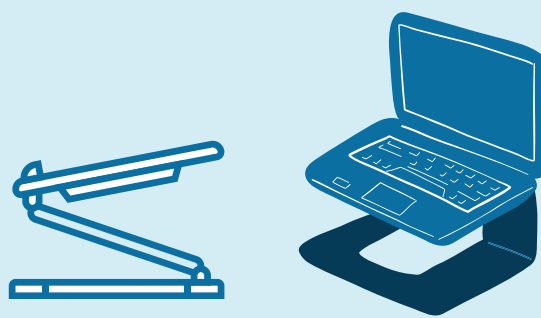
Writing aids

- Including: speech recognition software such as Dragon, Read and Write
- To take off the strain of using hands to type



Risers and trays

- For keyboards, laptops, and computer mice
- To relieve the pressure on hands/wrists while using the computer



Tools to help make work feel better!

For your legs and ankles

Footrest

- Helps with pressure and pain while sitting



Walking pad

- Increase circulation and gently exercises joints



Sit/stand desk

- To help with joint fatigue from sitting or standing



Anti fatigue mat

- Helps with fatigue and pain when standing for a long period of time

