

September 23, 2011 Freelance Friday #EFAChat  
Topic: Ergonomics and the Editorial Freelancer  
204 tweets, 18 Contributors, 7 retweets, 92 @replies, 11 links

@EFAFreelancers: Welcome to September's Freelance Friday! #EFAChat

@EFAFreelancers: Today's #EFAChat topic is Ergonomics and the Editorial Freelancer.

@EFAFreelancers: Let's start off with some introductions first. Where is everybody from, and what do you do? #EFAChat

@jamesfraleigh: I'm not sure if this will get thru from TweetChat, but hello, EFA folks and editorial freelancers! #efachat

@PurplePenning: RT @EFAFreelancers Want 2 follow #EFAChat? TweetChat down? Type efachat in search bar. Does not self-update like TweetChat so refresh often.

@jamesfraleigh: Looks like I can send via TweetChat but not see anything. Will continue from within Twitter. Hey all! #EFAChat

@SVB\_Editor: @LisaLOWens Didn't our parents warn us about typing with our fingers full? ;-) #EFAChat

@hillarydanz: #EFAChat I'm a freelance copyeditor and proofreader in Durham, North Carolina

@jamesfraleigh: James Fraleigh, northern NJ, freelance copy editor, proofreader, and writer, depending on the day & the client. #EFAChat

@KOKEdit: I'm a freelance medical editor from East Setauket, NY (Long Island). #EFAChat

@EInspirations: I am a freelance editor, indexer and proofreader in rainy Montpelier, Virginia. #EFAChat

@LisaLOWens: Hi all. Lisa Owens from Seattle. Freelance writer-editor and children's book author. EFA education chair. #EFAChat

@FastEditing: Hey all! Hootsuite also not able to show the stream either. How is everyone? #efachat

@SVB\_Editor: Copyeditor and writer living in Western New York. #efachat

@virtuallori: Please pardon me if I'm a bit chattier than usual for the next hour. It's time for the monthly #EFAChat.

@hillarydanz: @FastEditing yes, I'm having problems with Hootsuite too. it's odd that none of the chat programs are working! #EFAChat

@wilcoxediting: Hi I'm a developmental editor of fiction, creative nonfiction, copyeditor other select genres. Also the EFA Twitter Team Leader. #EFAChat

@FastEditing: I'm Jeanette Fast Redmond, in DC suburbs; I do CE and DE for Catholic publishers, scholarly presses, some individuals. #efachat

@virtuallori: Hi, all. Lori Paximadis from Cleveland, Ohio. Editor/proofreader/project manager. #EFAChat

@PurplePenning: Hello #EFAChat folk! I'm a freelance copyeditor, proofer, etc. in Illinois. And I'm super-multi-tasking today. Apologies if I'm scattered!

@FastEditing: RT @virtuallori: Please pardon me if I'm a bit chattier than usual for the next hour. It's time for the monthly #EFAChat.

@jamesfraleigh: An old error note on TweetChat's Twitter sez if Twitter's search API is glitchy, so are they. Maybe that affects Hootsuite too? #EFAChat

@EFAFreelancers: How long have you been freelancing? #EFAChat

@SVB\_Editor: I can send tweets through TweetChat, but new tweets aren't showing up yet on my screen. #efachat

@KOKEdit: This January, I'll have been freelancing for 17 years. #EFACHat

@wilcoxediting: Four plus years freelancing, ten plus editing. #EFACHat

@EInspirations: I have been freelancing since 2001. This year marked my 10th anniversary! #EFACHat

@hillarydanz: @EFAFreelancers I've been freelancing for 4.5 years, but I'm a newbie to the EFA, and this is my first #EFACHat !

@jamesfraleigh: 3 months short of 3 years as a full-time freelancer; I did freelance CE for my 1st fulltime employer on & off for a few years, too. #EFACHat

@PurplePenning: More than 12 years at least part-time; 5 total yrs full-time. RT @EFAFreelancers: How long have you been freelancing? #EFACHat

@FastEditing: Started freelancing PT in 2001 while employed FT; made the leap to FT freelancing a year ago exactly! #efachat

@KOKEdit: @hillarydanz Welcome to the EFA! #EFACHat

@PurplePenning: @EInspirations Congrats on hitting the decade mark! :- ) #EFACHat

@LisaLOWens: Freelancing since 1993 (since 1991 if you count "free"lance work). #EFACHat

@FastEditing: Welcome, @hillarydanz ! #efachat

@jamesfraleigh: Happy anniversary, @EInspirations! #EFACHat

@lieslw: freelance editor & writer in DC, mostly nonfiction editing and copywriting #efachat

@wilcoxediting: @fastediting I'm also having trouble seeing the chat on Hootsuite and TweetChat. Will sign in directly thru Twitter. #EFACHat

@SVB\_Editor: I've been freelancing since 2002. #EFACHat

@virtuallori: I have been freelancing on and off for 18 years, 7 of those full-time, including the most recent 5. #EFACHat

@EFAFreelancers: We have a special guest expert with us today to share her story about the ergonomic changes she's been making. #EFACHat

@wilcoxediting: @FastEditing Happy freelance anniversary! #EFACHat

@EFAFreelancers: Many of you are already familiar with @KOKEdit and some of the changes she's been making. #EFACHat

@hillarydanz: Thank you @KOKEdit @FastEditing ! #EFACHat

@EFAFreelancers: After @KOKEdit shares her story, we'll dig in to the Q&A, so please hold your comments until then. #EFACHat

@EFAFreelancers: I'll hand the floor over to @KOKEdit now, and let her introduce herself and tell her story. #EFACHat

@LisaLOWens: (With TweetChat down, I can follow along a little better using TweetDeck.) #EFACHat

@KOKEdit: Hi, everyone. I've been freelancing full time since 1995. #EFACHat

@KOKEdit: My biz is well established now, but in early days, things were lean. My mantra became "If I'm not sitting, I'm not billing." #EFACHat

@GLHancock: First timer, mostly lurking. Freelance writer longer than I care to reveal. Now editor. Hi @KOKEdit ! #EFACHat

@KOKEdit: Used to commute to work, w/ lots of walking to subway & train stations. But as freelancer, sat in desk chair for hours. #EFACHat

@KOKEdit: Nearly 2 decades, lots of sitting, & 2 pregnancies later, I'd gained lots of weight. #EFACHat

@KOKEdit: With my family history of heart disease & diabetes, being sedentary is very bad for me. #EFACHat

@KOKEdit: 15 months ago, found out I have type 2 diabetes. Made major dietary changes & lost 50 pounds, but I still have more to go. #EFACHat

@KOKEdit: I read articles on how unhealthy spending too many hours in desk chair is. (I can share links.) Decided to try standing at work. #EFACHat

@FastEditing: @wilcoxediting Hey, thanks! It's been a surprisingly good year. Very blessed. #efachat

@KOKEdit: I wanted an adjustable sit-stand desk for my desktop PC, but desks like that are pricey. #EFACHat

@KOKEdit: Rather than sit while I saved up \$\$, I had cabinetmaker husband build box platform to raise height of my keyboard & mouse. #EFACHat

@KOKEdit: In the first 5 weeks of standing at work, I lost 8 pounds. I'm still losing weight. #EFACHat

@KOKEdit: Photo of me standing at work: <http://t.co/kUuZhHoi>. I'll keep standing. And that's my tale of ergonomics at work. #EFACHat

@EFAFreelancers: Thanks for sharing your story @KOKEdit! #EFACHat

@EFAFreelancers: If you're just joining us, welcome to Freelance Friday. #EFACHat

@EFAFreelancers: Today's topic is ergonomics and we just heard from our guest expert, @KOKEdit. #EFACHat

@EFAFreelancers: We're starting the Q&A now. Feel free to jump in any time! Remember to use the #EFACHat hashtag to join the chat.

@PurplePenning: @KOKEdit Wow! Sincere applause for making such effective changes, Katharine! #EFACHat

@EFAFreelancers: If u're new to Twitter and chat, and since TweetChat is dwn, pls remember to use hashtag #EFACHat to join in the discussion!

@KOKEdit: @PurplePenning Thanks. I'm 52, and my goal is to live long enough to see my 10-year-old's grandkids. #EFACHat

@LisaLOWens: RT @PurplePenning: @KOKEdit Wow! Sincere applause for making such effective changes, Katharine! #EFACHat

@jamesfraleigh: Yes indeed—many congrats on the weight loss, @KOKEdit! #EFACHat

@wilcoxediting: RT @KOKEdit: Photo of me standing at work: <http://t.co/kUuZhHoi>. I'll keep standing. And that's my tale of ergonomics at work. #EFACHat

@CCCopyEditor: Good to know TweetChat is down, thought it was just me. #EFACHat

@LisaLOWens: You'll get there, no prob, @KOKEdit. #EFACHat

@EFAFreelancers: Assuming we're all sitting at our computers, and since today's topic is ergonomics, what is your posture like right now? #EFACHat

@KOKEdit: Standing while I work energizes me too--keeps me mentally alert. #EFACHat

@jamesfraleigh: Standing desks have been in the news fairly often this year, incl. an article in the Wall St J. #efachat

@hillarydanz: @KOKEdit Wow. How many hours a day do you stand at the desk? Do you have to take sitting breaks? #EFACHat

@LisaLOWens: Posture is better since you asked, @EFAFreelancers. #EFACHat

@KOKEdit: @hillarydanz I often stand 1 or 2 hours, sit, for half hour, stand for 1 or 2 hours ... and repeat. #EFACHat

@lieslw: @KOKEdit, which sit-stand desks are you looking at and/or would recommend? #efachat

@PurplePenning: @KOKEdit Saw recent research about probs of standing, too. Have you found you need to switch often between sitting/standing? #EFACHat

@EInspirations: I'm lying down on the floor. My 2yo son woke up early from nap, so I'm in his room while he is playing in bed and reading books. #EFACHat

@FastEditing: What @LisaLOWens said ;- ) I immediately sat up straighter #efachat

@LisaLOWens: @KOKEdit, do you use the same desk, whether sitting or standing (Sorry if missed.) #EFACHat

@wilcoediting: @EFAFreelancers I'm leaning back with my legs up on the desk and laptop in the proverbial lap. #EFACHat

@CCCopyEditor: Posture is OK, but I have a leg tucked under me, which is a circulatory as well as pelvic alignment no-no, or so my chiro told me. #EFACHat

@SVB\_Editor: As I've mentioned to @KOKEdit before, using voice recognition software makes it easier to stand while you work. #EFACHat

@KOKEdit: @lieslw Would love to have desk here: <http://t.co/M1684w0m> #EFACHat

@EFAFreelancers: Myself, I'm sitting on a balance ball right and my posture is okay, but still a little slouchy. #EFACHat

@lieslw: @EFAFreelancers: I'm standing, been working standing up for several month now & love it #efachat

@FastEditing: Congrats, @KOKEdit -- what progress! #efachat

@LisaLOWens: I am always trying to remember not to twist my feet under my chair. It's bad. #EFACHat

@rosefox: @efafreelancers I'm in bed, lounging against the pillows, laptop on my lap. Freelancing is awesome. #EFACHat

@EFAFreelancers: How many hours a day do you think you spend sitting hunched over a desk or staring at a computer screen? #EFACHat

@SVB\_Editor: I am perched on a balance ball, trying to keep my back straight. #EFACHat

@KOKEdit: @LisaLOWens Yes, I use same desk to sit and to stand; I just remove keyboard booster to sit. My setup:<http://t.co/kUuZhHoi> #EFACHat

@LisaLOWens: @KOKEdit, Ah, I see. Nice setup. #EFACHat

@KOKEdit: @lieslw Cool that you're standing right now, during chat. So am I. #EFACHat

@EInspirations: I do periodically work standing up. I prefer standing to sitting, so sometimes I work on the island in the kitchen. #EFACHat

@virtuallori: @wilcoediting I do the legs on desk thing, too, sometimes! Like, most of this morning. Ha! #EFACHat

@SVB\_Editor: I spend at least 8-9 hours a day in front of my computer, not always working, of course. #EFACHat

@hillarydanz: @EFAFreelancers I sit at my desk for about 8 hrs/day. My chair is supposed to be ergonomic, but I def. get neck problems/headache #EFACHat

@EFAFreelancers: I easily spend 8 hours a day at my desk as well, some days more, some days less. #EFACHat

@EInspirations: I know I've been sitting, hunched over for too long when my neck gets sore. My stress goes straight to my neck. #EFACHat

@FastEditing: I'm at my desk 7 hrs/day, sometimes 8 ... but have an Aeron chair that supports better posture, so not "hunched over" #efachat

@hillarydanz: I do find that the balance ball helps. I try to rotate it in. But I MUST take a real lunch break that involves getting up/moving #EFACHat

@KOKEdit: @PurplePenning Yes, I switch between sitting and standing. Also shift my weight from foot to foot while standing. #EFACHat

@EFAFreelancers: Folks, I apologize if my timing is off--very hard to follow the chat with TweetChat down. :( #EFACHat

@CCCopyEditor: I am on my laptop probably an average of 8-10 hours each weekday, somewhat less on weekends. Certainly not all for work, however. #EFACHat

@EFAFreelancers: Let's start from the bottom, so to speak. How many of you have seen the infographic "Sitting is Killing You"? <http://t.co/g0mcO9OB> #EFACHat

@jamesfraleigh: I've sometimes set up my laptop in the kitchen for personal email/social media, so I'm forced to walk & stand during breaks. #efachat

@EFAFreelancers: If you multiply the hours a day you spend at your computer by how many years you've been freelancing, does the number worry you? #EFACHat

@wilcoxediting: @EFAFreelancers Having the same problem here with TweetChat down. No worries. #EFACHat

@FastEditing: The @zenhabits blog had a post about standing desks -- some of you may be interested: <http://ht.ly/6Dgj6> #efachat

@LisaLOWens: I remember my transition from early jobs where I was on my feet to BIC desk jobs. More tiring to sit! #EFACHat

@virtuallori: I'm planning a stop at Ikea on the way home from @commcen to seek out a bar-height table for my office. #EFACHat

@KOKEdit: @LisaLOWens Yes, definitely more tiring to sit after you're used to standing. Sitting makes me bored and sluggish. #EFACHat

@FastEditing: I also set a 45-min timer to remind me to get up and stretch ... my legs tend to cramp when sitting too long #efachat

@LisaLOWens: @EFAFreelancers, yes that math worries me enough that I'm not doing it. #EFACHat

@FastEditing: \*too\* long. Sheesh. I blame Twitter (why not?) #efachat

@jamesfraleigh: I had more emotional/mental stress from full-time work than I've ever had ergonomic discomfort from freelancing, so that's a plus. #efachat

@CCCopyEditor: @EFAFreelancers I had not seen that infographic before... I'm skeptical about some of the facts... not seeing causality there. #EFACHat

@KOKEdit: @virtuallori Please post a photo when you're working at your new bar-height table. Would love to see it! #EFACHat

@EFAFreelancers: A few of u mentioned u're not sitting: when and how did you decide to make the change? #EFACHat

@FastEditing: @KOKEdit @LisaLOWens Interesting that sitting would be more tiring once you get out of the habit! #efachat

@LisaLOWens: I have a 30-min hourglass that helps me look away from the screen each time and get up after a few turns. #EFACHat

@SVB\_Editor: I haven't seen "Sitting Is Killing You," but I know that my butt hurts after too much sitting, and that's bad enough! #EFACHat

@wilcoxediting: Had not seen that graphic, but I will certainly bookmark it. Yes, the number of hours sitting worries me! #EFACHat

@EFAFreelancers: I switched to balance ball after seeing the infographic and noticing that my legs hurt from sitting and back hurt from slouching. #EFACHat

@FastEditing: @virtuallori Just helped friend buy Ikea drafting table with adjustable legs + barstool ... she's hoping to transition to standing #efachat

@jamesfraleigh: If anything, my gym visits have become more regular while f'lancing, so I may be counteracting effects of sitting w/ more gym time #efachat

@KOKEdit: @CCCopyEditor Here are 2 medical studies on effects of too much sitting: <http://t.co/50cQnaoE> and <http://t.co/Un09EhbH> #EFACHat

@EInspirations: My office is not situated for working with others, so when I need to we stand at the island in the kitchen. More space for working. #EFACHat

@EFAFreelancers: I've heard that too--that sitting can make you sluggish. #EFACHat

@jamesfraleigh: What kills me is my computer is also a communications/social contact/entertainment device, so work is just a fraction of total sit #efachat

@CCCopyEditor: I will say that sitting at the kitchen table is a good change from the couch. The recliner is comfy, but not for working! #EFACHat

@EFAFreelancers: If you're just joining us, welcome to Freelance Friday. Jump in any time! Today's topic is Ergonomics. #EFACHat

@FastEditing: @EFAFreelancers Had not seen the infographic before, but great resource. Tx! #efachat

@wilcoxediting: I have a yoga ball but rarely use it. Going to switch it out right now! #EFACHat

@LisaLOWens: @CCCopyEditor Kristine, I saw that and was also a bit skeptical. Didn't think too much on it, though. #EFACHat

@SVB\_Editor: @jamesfraleigh I too try to visit gym regularly, and get vertical (walking, running) and horizontal (swimming). #EFACHat

@CCCopyEditor: @KOKEdit I don't doubt the ultimate conclusions... I just see some things in the infographic that could have other causal factors. #EFACHat

@PurplePenning: Has anyone in #EFACHat today tried a treadmill-desk setup? Am still contemplating, but think I'll ease in by standing more first.

@jamesfraleigh: I need to demarcate nonwork computing more rigorously via a separate machine/device so my days don't have 1-2 extra hr of sitting. #efachat

@FastEditing: Agreed, @jamesfraleigh -- I work out regularly now too, b/c no commute time. But read somewhere that it may not be enough. #efachat

@KOKEdit: MT @jamesfraleigh: My computer is also communications/social contact/entertainment device, so work is just fraction of total sit #efachat

@wilcoediting: @jamesfraleigh I have become a yoga teacher and cultivated a regular practice to combat the sitties. #EFACHat

@jamesfraleigh: @SVB\_Editor I've always heard that swimming is king; glad you have that exercise arrow in your quiver! #efachat

@LisaLOWens: @jamesfraleigh I hear that! The computer is a hub here. All the music. Recreational Web stuff. Lots of uses. #EFACHat

@KOKEdit: @FastEditing Article you're thinking of that sitting time can outweigh exercise is here: <http://t.co/ctahjvI> #EFACHat

@EFAFreelancers: I've been considering a tray for my treadmill--just haven't committed to the purchase yet. #EFACHat

@jamesfraleigh: @FastEditing The article behind the infographic for Sitting Is Killing You does mention that exercise may not counteract harm fully #efachat

@EFAFreelancers: Let's talk about our hands, wrists, and arms for a bit now. Keyboards and mice. What works for you? What doesn't? #EFACHat

@wilcoediting: RT @KOKEdit: @CCCopyEditor Here are 2 medical studies on effects of too much sitting: <http://t.co/5OcQnaoE> and <http://t.co/UnO9EhbH> #EFACHat

@EFAFreelancers: If you switched from regular keyboards and mousing, how long ago did you switch and what prompted you to do it? #EFACHat

@LisaLOWens: My dog gets me out walking a lot, which has made a huge difference in my ability to sit/work well. #EFACHat

@hillarydanz: I used to run during the lunch hour; I found that it also gave me a nice mental break. but now I'm back to mornings. #EFACHat

@FastEditing: @KOKEdit There it is! Thanks! #efachat

@jamesfraleigh: Ergonomic keyboards stopped progress of my CTS, but within reason; 6 hr of writing still adds up. Would be worse w/ trad keyboard. #efachat

@CCCopyEditor: When sitting at a table, I use a laptop tray to get a proper angle for my wrists. On the couch, the tray stays flat. #EFACHat

@wilcoediting: @PurplePenning I never heard of a treadmill desk. Sounds interesting. #EFACHat

@KOKEdit: @EFAFreelancers Switched to ergonomic keyboard years ago & use keyboard shortcuts to cut down on mousing. #EFACHat

@EFAFreelancers: I started feeling pain in my hands/arms in late 90s & switched to a 'natural' keyboard. Haven't gone back to regular since! #EFACHat

@FastEditing: I have gel cushions for keyboard and mouse and adjust armrests to support all of forearm w/ no pressure points #efachat

@SVB\_Editor: I've made minimal use of keyboard and mouse since 2006. I rely on voice recognition software and head tracker. #EFACHat

@hillarydanz: @EFAFreelancers I use a standard keyboard and mouse. mousepad has a wrist support. I've been lucky to not have any wrist problems #EFACHat

@CCCopyEditor: Using my laptop trackpad instead of a mouse seems to be beneficial, perhaps because the movements are more varied? #EFACHat

@LisaLOWens: I had an ergonomic fitting for desk/keyboard/chair/footrest positioning, and that helped tons. #EFACHat Also found I need armrests.

@EFAFreelancers: Also use a trackball that conforms to a more natural shape of my hand & won't go back to mouse unless I have to,. #EFACHat

@wilcoxediting: @CCCopyEditor @KOKEdit Good to be rigorous, and the medical studies are even more convincing. #EFACHat

@FastEditing: Have not yet been converted to ergo keyboard ... I play the keyboard like it's a Chopin piece; muscle memory hard to retrain. #efachat

@jamesfraleigh: Switched to ergo k'board 1996, after entering copyedits from paper added up. Never looked back. Would go ergo-wireless w/ a laptop #efachat

@jamesfraleigh: Ditto on Microsoft Natural keyboard, w brief detour into Kensington @ work. #efachat

@KOKEdit: MT @FastEditing: I play the keyboard like it's a Chopin piece. ... // Love this description! #efachat

@LisaLOWens: Also love working with the trackpad on my laptop. #EFACHat

@hillarydanz: @KOKEdit @EFAFreelancers Is "ergonomic" just a marketing term, or do you think it really means something? Are there standards? #EFACHat

@EFAFreelancers: Funny: When I wrkd full-time my trackball always threw ppl off when they tried to use it. But mousing pain as bad as CTS. #EFACHat

@meganventura: @SVB\_Editor wow, as someone who's just starting out, i've never heard of/considered that. what hardware/software do you use?? #EFACHat

@FastEditing: Big fan of keyboard shortcuts. Tend to set temporary ones for unique repetitive tasks to avoid excessive mousing. #efachat

@LisaLOWens: @FastEditing Shortcuts rule! #EFACHat

@jamesfraleigh: My mouse-related fatigue ended when I went from full-time newsletter typesetting to more keyboard-oriented work. #efachat

@KOKEdit: @hillarydanz Was a great piece in recent issue of EFA newsletter on ergonomics and standards. Log in to EFA web site to find. #EFACHat

@PurplePenning: @LisaLOWens Interesting! I just got rid of armrests because they made me lean funny. A fitting would be a good idea. #EFACHat

@SVB\_Editor: @CCCopyEditor I've tried using large plug-in trackpad, didn't work as well as I had hoped. #EFACHat

@wilcoxediting: I use a regular laptop keyboard with the embedded mouse pad, but I have used wrist guards for yrs. as preventative measure. #EFACHat

@CCCopyEditor: @FastEditing Same, switching to an ergo keyboard would be difficult for me. Hard enough borrowing a different standard one! #EFACHat

@meganventura: @FastEditing speaking of shortcuts, anyone know the Mac Command+Tab equivalent for Windows??? Does such a thing exist? XD #EFACHat

@EInspirations: I use a laptop and use the keyboard and mouse on that. #EFACHat

@EFAFreelancers: Please remember to use the #EFACHat hashtag in your tweets to join the discussion.

@virtuallori: I use my laptop keyboard and an Apple Magic Mouse -- no hand/wrist problems here. But I use lots of keyboard shortcuts and stretch. #EFACHat

@LisaLOWens: @PurplePenning, I have all the same equipment after the fitting, but I'm positioned better. #EFACHat

@EInspirations: Sometimes I do feel strain in my wrists and have to take a break though. #EFACHat

@SVB\_Editor: @meghanventura Dragon NaturallySpeaking voice recognition software and SmartNav head tracker from NaturalPoint. #EFACHat

@EFAFreelancers: Hubby bought me netbook 4 mother's day--keyboard so small he also bought me a wireless nat keybd so that my hands wouldn't hurt! #EFACHat

@FastEditing: @hillarydanz There are standards; I think OSHA has guidelines. In my experience, not just marketing -- makes a difference. #efachat

@EFAFreelancers: Now let's talk about our eyes. Do you know how to recognize symptoms of eye strain? #EFACHat

@EFAFreelancers: Did you know that headaches, back aches, and neck pain are symptoms of eye strain? #EFACHat

@EFAFreelancers: How about heaviness of the eyelids, fatigue, reading problems, and lack of concentration? #EFACHat

@wilcoxediting: @jamesfraleigh Me too! I feel that. #EFACHat

@EFAFreelancers: How many of you experience these symptoms but didn't realize it could be eye strain? #EFACHat

@lieslw: @EFAFreelancers that infographic "Sitting is Killing You" is what got me standing. #efachat

@FastEditing: @meghanventura Try control-tab. What Windows seems to lack is a Command-` equivalent, but I may be wrong. #efachat

@hillarydanz: @KOKEdit Thank you-- I'll check out the article/s. Maybe this will save me some \$\$\$ at the chiropractor! #EFACHat

@meghanventura: @EFAFreelancers No idea about eyestrain symptoms. My vision gottten worse in the last year though :( #EFACHat

@EFAFreelancers: I experience some of these often, but never realized it was eyestrain until researching for this chat! #EFACHat

@wilcoxediting: @virtuallori Good reminder to stretch throughout the day. It can be easy to forget and try to power through. #EFACHat

@CCCopyEditor: @EFAFreelancers Daydreaming out the window = eyestrain relief! #EFACHat

@jamesfraleigh: If those symptoms persist for me after eating, I know it's time to stare at something besides a screen! #efachat

@LisaLOWens: D'oh! TweetChat was up for a minute, then down. Tease! #EFACHat

@KOKEdit: @EFAFreelancers Children home from school give me lots of reasons to look away from screen, which cuts eye strain. ;-) #EFACHat

@jamesfraleigh: I have to "recharge" my eyes every ½ hr or so while proofreading, esp PDFs. I focus on several remote points, near & far. #efachat

@FastEditing: @EFAFreelancers Experience many of these symptoms after long day, but thought headache was from the eyes, not neck strain. Huh. #efachat

@CCCopyEditor: I get ocular migraines... then I know it's time to get up and stretch and relax my head and neck muscles before I can't see at all! #EFACHat

@EFAFreelancers: What steps do you take to prevent or reduce eye strain? #EFACHat

@KOKEdit: @CCCopyEditor Ow on the ocular migraines! #EFACHat

@virtuallori: Window beside me, another in front of me, and a view through the door out a sliding door make frequent eyeball breaks easy. #EFACHat

@wilcoxediting: @jamesfraleigh Good eyedea. :) #EFACHat

@LisaLOWens: RT @CCCopyEditor: I get ocular migraines... then I know it's time to get up and stretch and relax my head and neck muscles before I can't see at all! #EFACHat

@EFAFreelancers: I often take off my glasses (if I'm not wearing contacts) and give my entire face a massage, starting w/eyes, forehead, temples. #EFACHat

@FastEditing: I also wear computer glasses - give a mild focusing boost while also minimizing glare. #efachat

@EInspirations: Maybe that's why I've been getting more headaches lately! I need more breaks or a vacation. ;-) #EFACHat

@LisaLOWens: I prefer wearing contacts, but to work at the computer I have to wear specs to avoid strain, headaches. #EFACHat

@wilcoxediting: My neck hurts right now. But other misalignments can cause that, too. I probably have several contributing factors. #EFACHat

@CCCopyEditor: @KOKEdit Ocular migraines are painless, just cause areas of "static" in my field of vision. Impossible to work or read during them. #EFACHat

@jamesfraleigh: Thought I read that angle between eyes and computer monitor makes a difference. Top of my screen is about even w/ my direct gaze. #efachat

@hillarydanz: @wilcoxediting same here. I know sitting at the computer is a contributing factor, but not the only one. #EFACHat

@LisaLOWens: Looking away is key, but I struggle with it even w/a timer. I like to get the work done. #EFACHat

@KOKEdit: @CCCopyEditor Glad there's no pain. But not good. #EFACHat

@EFAFreelancers: Are there any ergonomic changes you've made that we haven't already covered? #EFACHat

@CCCopyEditor: @wilcoxediting I hear you there. I have some lingering neck misalignment from doing unusual farm work recently. I lack a chiro. =[ #EFACHat

@CCCopyEditor: When sitting at a computer desk at my last FTE job, a footstool helped my back tremendously. #EFACHat

@wilcoxediting: @EFAFreelancers Having a laptop allows me to change position regularly. Seems to help. #EFACHat

@EFAFreelancers: Do you have a favorite can't-live-without-it ergonomic product? #EFACHat

@jamesfraleigh: If you're going to stand, what you stand on may make a difference. Worth some research as part of your overall setup. #efachat

@EInspirations: @LisaLOWens Ditto! I try to take breaks but don't like taking them at a specific time. #EFACHat

@CCCopyEditor: @EInspirations Yes, I think you deserve a vacation to help your ergonomics! #EFACHat

@wilcoediting: @CCCopyEditor Unusual farmwork? Now that's intriguing. #EFACHat.

@SVB\_Editor: Last year I bought a multiply adjustable office chair that's helped me somewhat. #EFACHat

@EFAFreelancers: Right now, I love my balance ball. My posture's better, and I can bounce while I work. ;) #EFACHat

@LisaLOWens: My desk is a workstation, so I have the computer in front, writing surface left, reading surface behind. #EFACHat

@KOKEdit: @jamesfraleigh Yes, standing surface is important. Right now, I'm using foam camping sleep pads to cushion my feet. #EFACHat

@lieslw: @wilcoediting: ditto for me "My neck hurts right now...probably several contributing factors." Maybe a monitor "riser"? #efachat

@hillarydanz: @EFAFreelancers I'm with you on the balance ball! #EFACHat

@LisaLOWens: I also find wiggling my feet helpful. #EFACHat

@KOKEdit: Would love to see photos of everyone on balance balls, standing at work, reclining at work, etc. #EFACHat

@EInspirations: @jamesfraleigh Agreed! I prefer to stand, but sometimes my feet begin to hurt. I guess there is just pain no matter what! #EFACHat

@WriterRuth: #EFACHat: Trying to be better abott getting off my duff & moving around regularly during work times. I get so focused, it's hard to do.

@jamesfraleigh: If any of your freelance work is at a client site that has poor ergo/lighting, don't be afraid to speak up & request changes. #efachat

@PurplePenning: I have a decent chair for PC station & a laptop to give variety of positions. Problem: I forget to use the options I have set up! #EFACHat

@EFAFreelancers: I can also roll the ball under my back for a great whole-body stretch. Gonna do that right now, in fact! #EFACHat

@jamesfraleigh: Even if only a few hr/week, that adds up. And open cubes often have the reject chairs, the crappy monitors, dead fluorescents, etc #efachat

@CCCopyEditor: @wilcoediting Gleaning potatoes for food bank. Repeated bending at the waist & hefting 20lbs of taters not part of my normal day. #EFACHat

@EditorMark: The only thing stopping me from ordering @ebrenner's stand-up desk is the pre-birthday ban on purchases. #EFACHat #lateasual

@PurplePenning: YES. MT @WriterRuth: #EFACHat Trying to be better re: getting off duff & moving around regularly during work. I get so focused, it's hard.

@WriterRuth: #EFACHat: Sigh - that shoulda been "about," not "abott."

@KOKEdit: @EditorMark Yay on your eventually getting a stand-up desk! #EFACHat

@EFAFreelancers: What are your favorite resources for ergonomic products and tips? #EFACHat

@wilcoediting: @CCCopyEditor Sounds like a lower-back killer! #EFACHat

@FastEditing: I have an Aeron chair ... tried several models at Healthy Back Store, but this one fit well and is customizeable every which way. #efachat

@EFAFreelancers: And now, TweetChat is back up. Heh. #efachat

@SVB\_Editor: @jamesfraleigh Some catalogs I get offer what are supposed to be special shock-absorbing pads to stand on. #EFACHat

@FastEditing: But I am looking to try standing for a while ... suspect it will be a gradual transition, due to arthritis in lower back #efachat

@EFAFreelancers: Scratch that. It *was* back up. Ah well! :) #efachat

@hillarydanz: @FastEditing they're constantly talking about that chair on NPR! #EFACHat

@CCCopyEditor: @wilcoxediting Lower back, neck, and hamstrings all complaining. But it was worth it. Got me away from the laptop & outside also. #EFACHat

@wilcoxediting: @EFAFreelancers Of course it is! LOL. #EFACHat

@FastEditing: Oh dear ... DH is heading home early, needs a ride. Great chat! Thanks to @efafreelancers and @KOKEdit especially! #efachat

@KOKEdit: @FastEditing I'll bet a physical therapist would have suggestions on how to protect your back while standing at work. #EFACHat

@hillarydanz: one great thing about standing: you can also occasionally do some squats, some calf raises, etc., to keep the muscles active #EFACHat

@CCCopyEditor: Has anyone found those gel pads for standing to be useful? #EFACHat

@wilcoxediting: @CCCopyEditor Plus, yummy potatoes...I assume you got to keep a few? #EFACHat

@WriterRuth: #EFACHat: I like the idea of a stand-up desk. Might try it on a test basis.

@EFAFreelancers: That just about wraps it up for the hour. Thanks so much for joining us today for today's Freelance Friday #EFACHat!

@EFAFreelancers: Feel free to keep chatting with the #EFACHat hashtag, but the transcript of today's chat will be ending here. #EFACHat

@EFAFreelancers: Thank you again for joining in the #EFACHat today!

@jamesfraleigh: I'd go Aeron but I would really need to test-drive one, & I don't have a local shop or friend w/ one to try. Could prob find in NYC #efachat

@EFAFreelancers: Thanks especially to @KOKEdit for agreeing to be our guest expert today! #EFACHat