



YOUR BODY IS PART OF YOUR TOOLKIT. PROTECT IT.

Ergonomics keeps you strong, comfortable and safe at work.

SPOT THE RISKS EARLY

- Notice aches, tingling or stiffness before they get worse
- Report concerns right away; small fixes can prevent big injuries
- Attend ergonomic training to understand job risks

MOVE SMARTER WHILE WORKING

- Use good posture when lifting, reaching or typing
- Adjust tools, chairs and screens to fit you specifically
- Take frequent, short breaks to stretch and reset

PERFECT YOUR DESK SETUP

- Keep screen at eye level
- Relax shoulders and support lower back
- Use a headset instead of cradling the phone

Scan to watch
ergonomics
quick tips.



Ergonomic injuries often start small — don't ignore them.





YOUR BODY IS PART OF YOUR TOOLKIT. PROTECT IT.

Ergonomics keeps you strong, comfortable and safe at work.

SPOT THE RISKS EARLY

- Notice aches, tingling or stiffness before they get worse
- Report concerns right away; small fixes can prevent big injuries
- Attend ergonomic training to understand job risks

MOVE SMARTER WHILE WORKING

- Use good posture when lifting, reaching or typing
- Adjust tools, chairs and screens to fit you specifically
- Take frequent, short breaks to stretch and reset

PERFECT YOUR DESK SETUP

- Keep screen at eye level
- Relax shoulders and support lower back
- Use a headset instead of cradling the phone

Scan to watch ergonomics quick tips.



Ergonomic injuries often start small — don't ignore them.





YOUR BODY IS PART OF YOUR TOOLKIT. PROTECT IT.

Ergonomics keeps you strong, comfortable and safe at work.

SPOT THE RISKS EARLY

- Notice aches, tingling or stiffness before they get worse
- Report concerns right away; small fixes can prevent big injuries
- Attend ergonomic training to understand job risks

MOVE SMARTER WHILE WORKING

- Use good posture when lifting, reaching or typing
- Adjust tools, chairs and screens to fit you specifically
- Take frequent, short breaks to stretch and reset

PERFECT YOUR DESK SETUP

- Keep screen at eye level
- Relax shoulders and support lower back
- Use a headset instead of cradling the phone

Scan to watch
ergonomics
quick tips.



Ergonomic injuries often start small — don't ignore them.





YOUR BODY IS PART OF YOUR TOOLKIT. PROTECT IT.

Ergonomics keeps you strong, comfortable and safe at work.

SPOT THE RISKS EARLY

- Notice aches, tingling or stiffness before they get worse
- Report concerns right away; small fixes can prevent big injuries
- Attend ergonomic training to understand job risks

MOVE SMARTER WHILE WORKING

- Use good posture when lifting, reaching or typing
- Adjust tools, chairs and screens to fit you specifically
- Take frequent, short breaks to stretch and reset

PERFECT YOUR DESK SETUP

- Keep screen at eye level
- Relax shoulders and support lower back
- Use a headset instead of cradling the phone

Scan to watch
ergonomics
quick tips.



Ergonomic injuries often start small — don't ignore them.

