

# 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



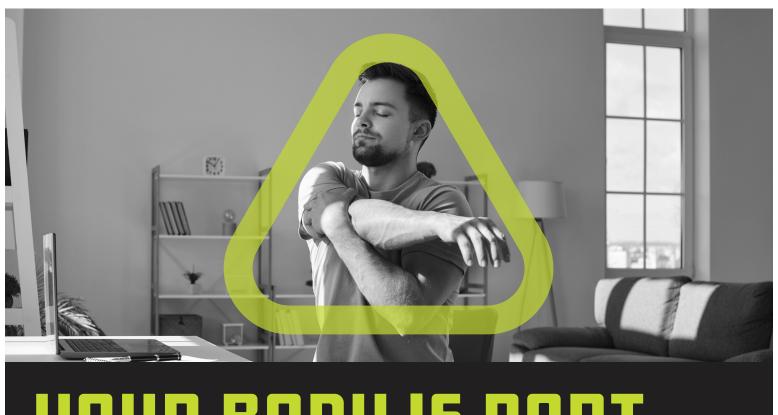
# PERFECT YOUR DESK SETUP

- 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.







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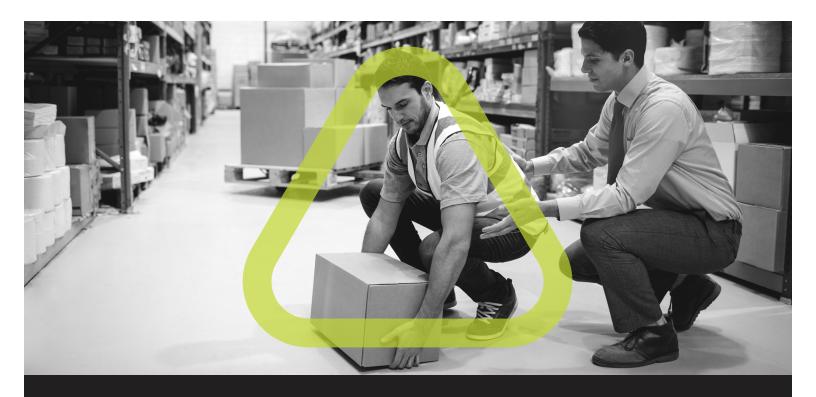
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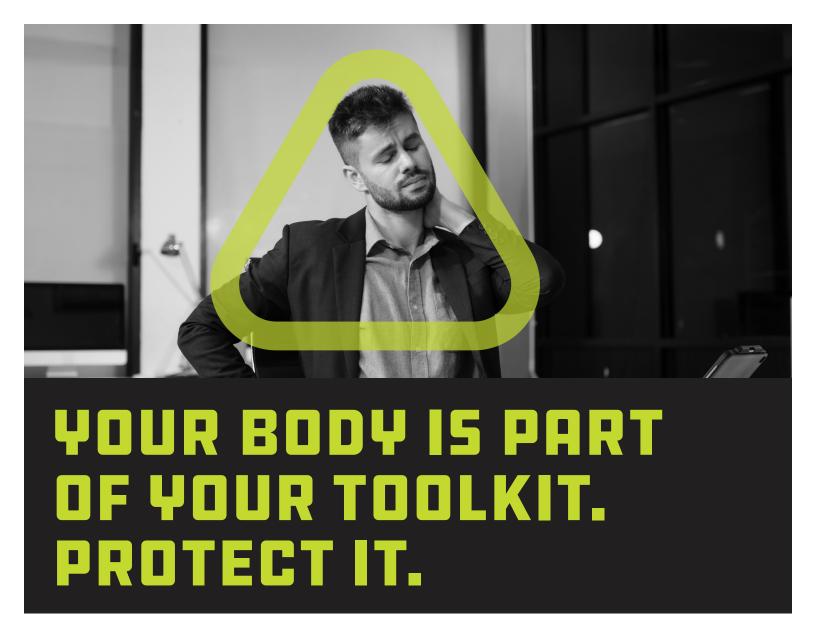
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