

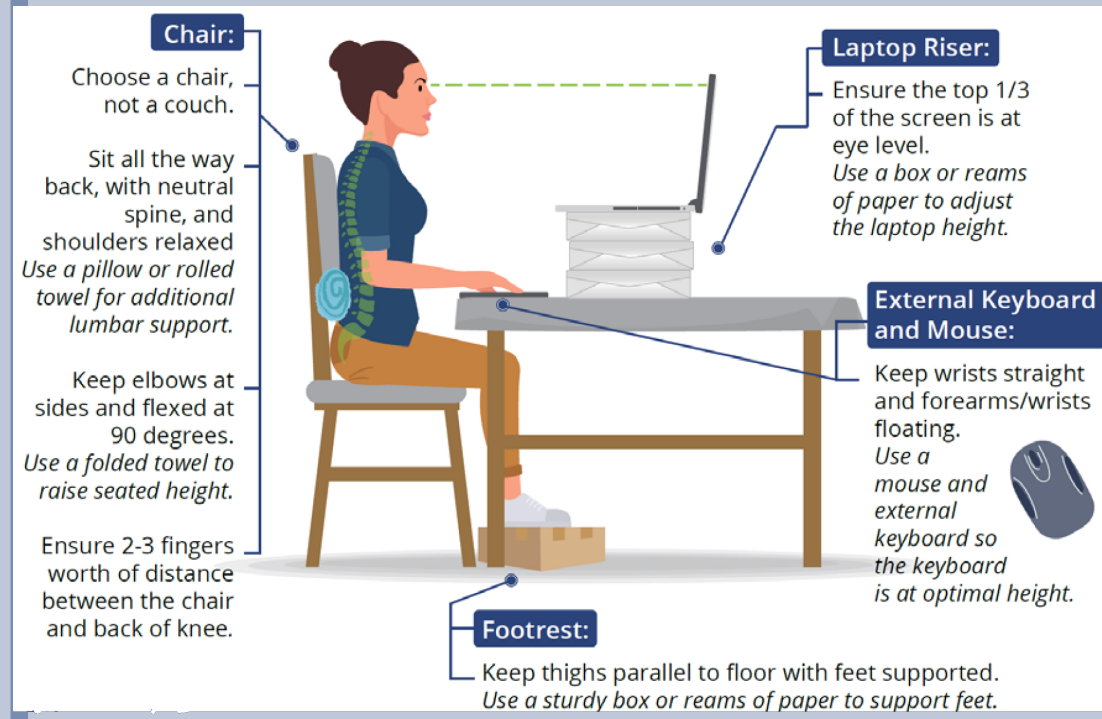
HERE'S TO HEALTH

Why is proper ergonomics important?

- Decrease damage to muscles, nerves, blood vessels, ligaments and tendons
- Increase efficiency
- Reduce musculoskeletal disorders

Use home supplies and these tips to retrofit your work space and prevent injury.

Ergonomics is the science of fitting a workspace to an individual's needs. While at the office, you likely have access to a suitable desk and chair, but when you work from home, you may not.



ERGONOMICS EDITION



WHEN WORKING FROM HOME, SMALL STEPS CAN GO A LONG WAY TO PREVENT ERGONOMIC INJURY.