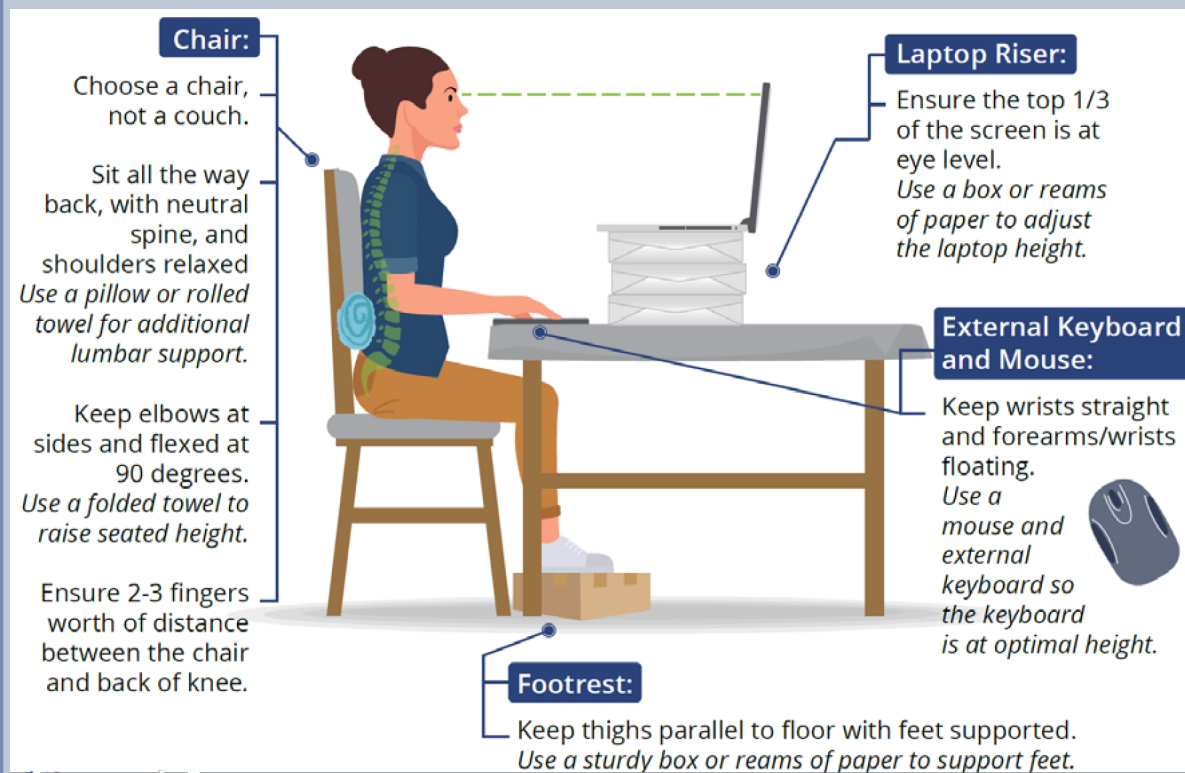


HEALTHY AT HOME

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

Why is proper ergonomics important?

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



ERGONOMICS EDITION



Want to learn more? Check out this article with more tips.

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