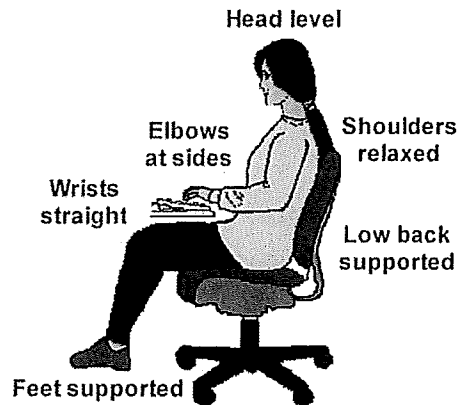


Safe Work Practice Reminders



- ✦ Take advantage of ergonomic equipment's adjustability
- ✦ Change positions frequently
- ✦ Stand up and stretch every hour
- ✦ Keep repetitive task within close reach
- ✦ Balance work on both sides - reduce stress to your dominant side
- ✦ Avoid shoulder shrugging – make sure arm rests are low enough or remove
- ✦ Avoid leaning forward – sit back in your chair try not to 'turtle'
- ✦ 20/20/20 Look 20 feet away every 20 minutes for 20 seconds
- ✦ Stay active and healthy