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