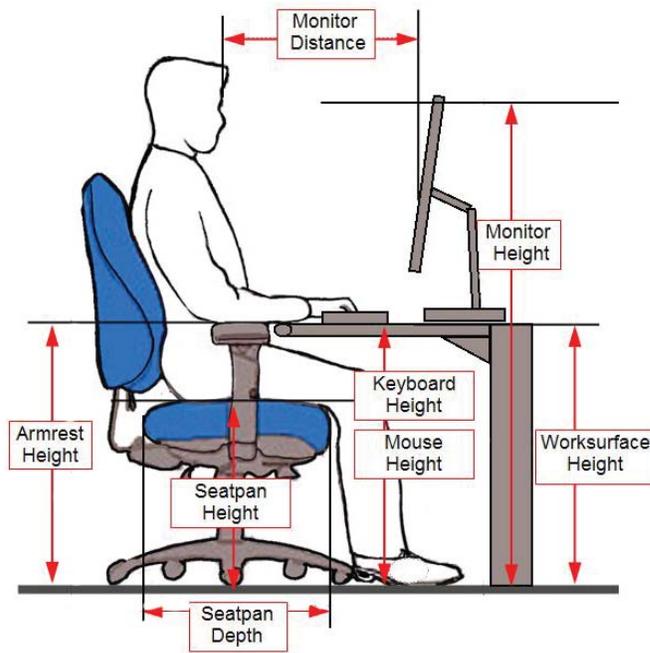


Know Your Measurements!



Make sure your work station fits you!

Adjust your chair

Modify your work station

Use neutral postures

Incorporate movement into
your day

Eliminating Workplace Injuries



Safety is everyone's responsibility – adjust your workstation!