

OFFICE ERGONOMICS

BROUGHT TO YOU BY INNOVATIVE RISK
CONCEPTS, INC.

REPLACE your keyboard and mouse with a more ergonomic design or add a cushion

RELAX your grip when writing with a pen or pencil

TAKE breaks to stretch your hands and wrists

WATCH your posture. Poor posture can compress nerves throughout the body.

KEEP your eye line level with your screen. Place your laptop on a riser, or adjust your screen level so you are looking straight ahead to reduce neck strain.



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