

Month: September

Theme: Are we taking care of the Wii ones?

Overview: One of the cornerstone principles of ergonomics is that 'one size doesn't fit all'. This month, we will focus on kids and a few of the common hazards that they encounter daily at home and at school. Considering that your kids will have 10-15 years of computer use behind them before they hit the workforce, it's extremely important to try to promote good habits early. Whether its backpacks, the home computer / entertainment console, or their posture, we all play a role in molding our kids 'ergonomic' habits.

September

Somehow, somewhere, something went terribly wrong.

- It's the end of the summer, and all your teen has done is developed a nasty case of Wii-itis.



September

A pain in the backpack

- If the weight of your child's backpack exceeds the carry-on restrictions for domestic flights – there may be a problem.



September

Pint-sized Ergonomics

- Let's keep this simple.
- **Adult furniture does not fit kids.**
- Consider your options to help your child use the computer safely this school year.



September

Sow an act...reap a habit

- Our kids will spend years of their lives on computers.
- What habits are you instilling in your kids as they're learning?
- What will your crop look like in 10 years?



ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve computer-based productivity and reduce risk of musculoskeletal disorder development.