

Month: May

Theme: Is your workspace layout working for you or against you?

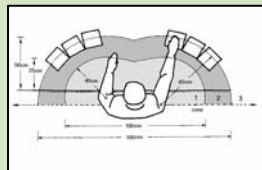
Overview: Do your shoulders ache at the end of the day? Are headaches just a 'part of the job'? Do you notice that symptoms miraculously disappear when you're on vacation?

Sometimes, your workstation set-up may be part of the problem. Take a closer look to see if your office tools are positioned for success or failure. Isn't it time your symptoms went on vacation?

May (5.1)

Think close. Think comfort.

- A comfortable workstation is always within an easy reach.
- Check to make sure all of your frequently used items and tools are within reach.



May (5.2)

Crouching paper tiger, hidden dragon. Watch out for the bite.

- The position of paperwork and reference documents can affect your neck and back postures.



May (5.3)

Is your phone glued to your ear and shoulder?

- Your phone handling habits say a lot about the stress on your neck and shoulder.
- If your neck or shoulder is 'talking' to you – listen and act.



May (5.4)

Wanted: Single level dwelling for keyboard and mouse.

- A common problem is having the mouse and keyboard at different heights and reaches.
- Keep them close and your body will thank you.



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