

Theme: New Year Resolutions

Overview: Ahhhh... A New Year... What to do, what to do?

Just in case you were having some trouble coming up with your 2008 resolutions, we here at the Ergonomic Resolutions Office would like to help out. Take a second with us to create your healthy ergonomic vision for 2008.

Our approach is simple – we have identified four pillars **that you can control** to make 2008 a more comfortable year in your cubicle, home office or corner office.

Simply score each pillar based on your work experiences for 2007 on a scale of 1-10 (1 – poor; 10 – perfection!). Over the next four weeks, we will be focusing on Early Intervention, The Right Tools for the Job, Good Posture, and Habits. Add up your four scores at the end of the fourth ergotip for January. Identify what you can and need do in 2008 to make your office life more comfortable.

2008 Resolutions

Early Intervention

- Do you have discomfort?
- Are you doing anything about it?
- Do you know what to do and who to contact?
- How do you score yourself on this pillar?



2008 Resolutions

The Right Tools for the Job

- Does your workstation 'fit itself to you' or do you 'fit yourself to your workstation'?
- If your workstation didn't treat you well in 2007, what's your plan for 2008?



2008 Resolutions

Good Posture

- We can try to blame a lot of our aches and pains on our work, our workstation and the hours that we work.
- Look in the mirror! Posture matters.
- Rate yourself on a scale of 1-10 for 2007. There is only one direction to go...



2008 Resolutions

Work Habits

- "First we form habits, then they form us. Conquer your bad habits or they will conquer you." - Dr. Rob Gilbert.
- How did your habits form you in 2007?
- Good or bad, aim higher in 2008!



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