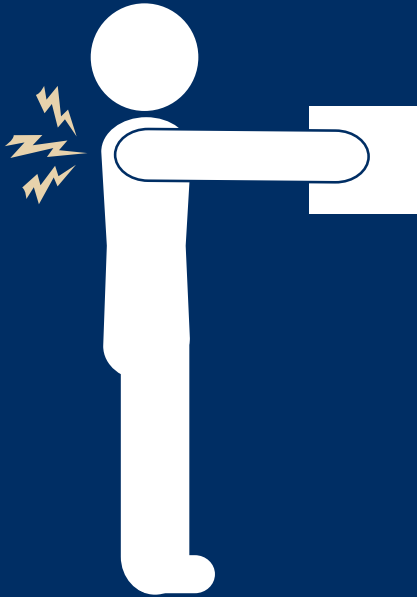
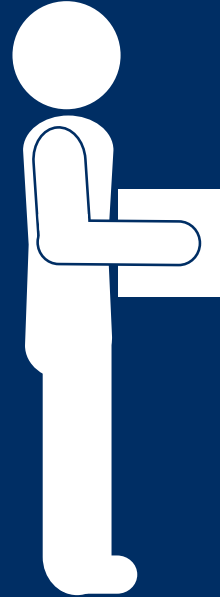


Arm's Length



No-No

In Close



ERGO

ERGOnomics

makes it easy to be
more comfortable at work.

ERGO Made Easy Tip:

Did you know that keeping work items closer is better for your body? It's especially true when you're lifting heavy items — and even when using your computer mouse. In fact, placing your mouse so it's within arm's reach can help prevent back pain caused by over-reaching. Give it a try:

1. Place postcard next to keyboard.
2. Use it as a mouse pad.
3. Enjoy.

Enhance Your Awareness of Ergonomics

For more tips and easy, inexpensive ergonomic solutions, visit:

[Mhealthy.umich.edu](https://mhealthy.umich.edu)

