

Hunchback



No-No

Back to Back



ERGO

*a program of*



michigan **healthy** community

# ERGOnomics

makes it easy to be  
more comfortable at work.

ERGO Made Easy Tip:

Hunching forward when working is not a good idea – whether you are typing, pushing a cart or mopping. It can lead to aches and pains in the back and neck. Instead, remember what mom told you – practice good posture and stand or sit up straight. Give it a try:

1. Sit down and place postcard between your lower back and your chair.
2. Scoot back to hold card in place.
3. Enjoy.

## Enhance Your Awareness of Ergonomics

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

[Mhealthy.umich.edu](http://Mhealthy.umich.edu)

