

Twist & Shout



No-No

Turn About



ERGO

# ERGOnomics

makes it easy to be  
more comfortable at work.

ERGO Made Easy Tip:

Instead of twisting your torso, move your whole body – especially when lifting. Remember, nose and toes should point the same direction. Give it a try:

1. Place postcard on table; stand with your hip next to the card.
2. Move your feet – keep your nose and toes pointing in the same direction and retrieve card.
3. Enjoy.

## Enhance Your Awareness of Ergonomics

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

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

