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