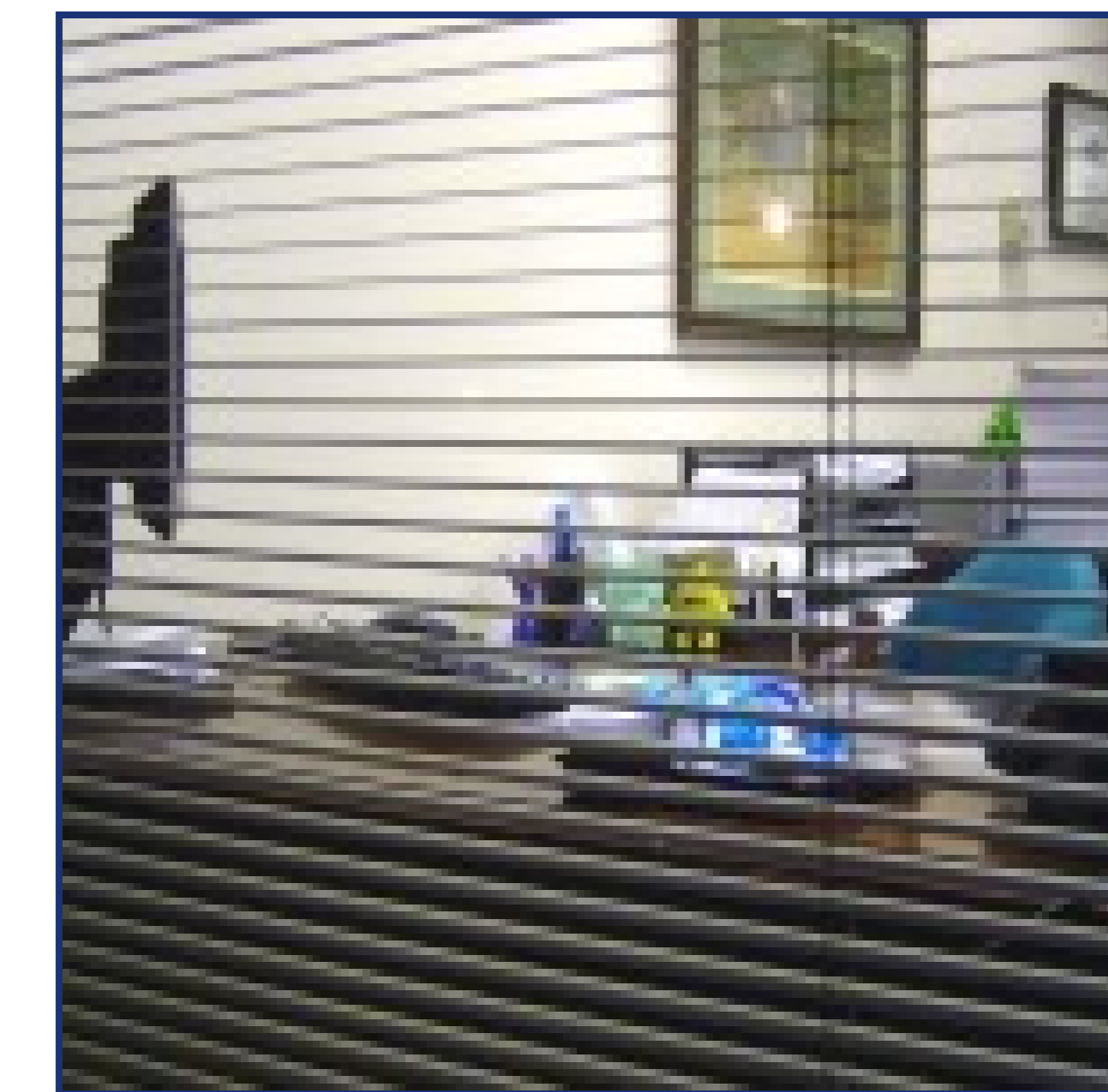


## Use It Right - Office Equipment Can Only Do So Much

Posted in: Office Ergonomics, Home Office

- ✓ Are you set-up for a let down?
- ✓ Do you own your workstation or does it own you?
- ✓ Take responsibility for your posture and your workstation set-up. Remember that even with the most ergonomically designed workstation – your actions will determine how you feel. Treat your body well, keeping the arms in close and reclining slightly in the chair.
- ✓ Take brief breaks whenever possible.
- ✓ Be careful which postures you invest in.
- ✓ What are you going to do to help yourself today?



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This article was  
written by ErgoRisk