

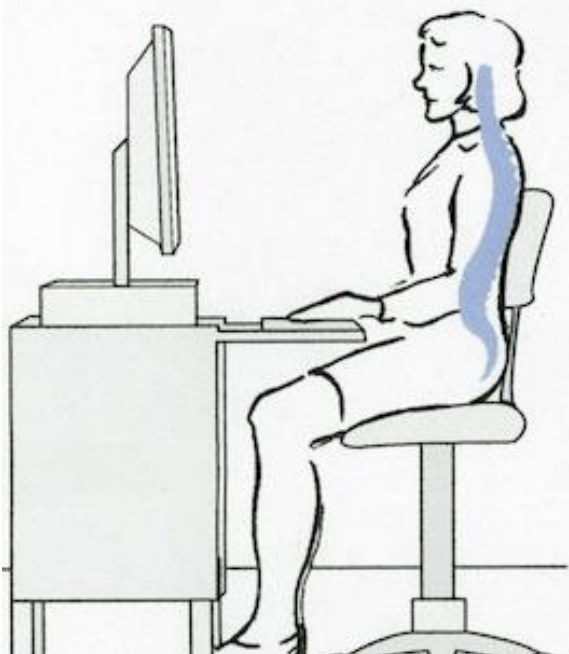


Ergonomics

'Soft tissue and muscular injuries account for 62% of all work cover related claims. Back injuries account for almost half of these'

It is important to take regular breaks from sitting!

Change position frequently - Move your feet, lift your arms, adjust hips and sitting position, or take a short walk!



Tips To Follow:

- ✓ Straight back
- ✓ Head Upright
- ✓ Shoulders centered
- ✓ Elbow bent at 90°
- ✓ Computer screen approximately 50-60cm away at no greater angle than 45°
- ✓ Knees bent at approximately 90° with both feet flat on the floor



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