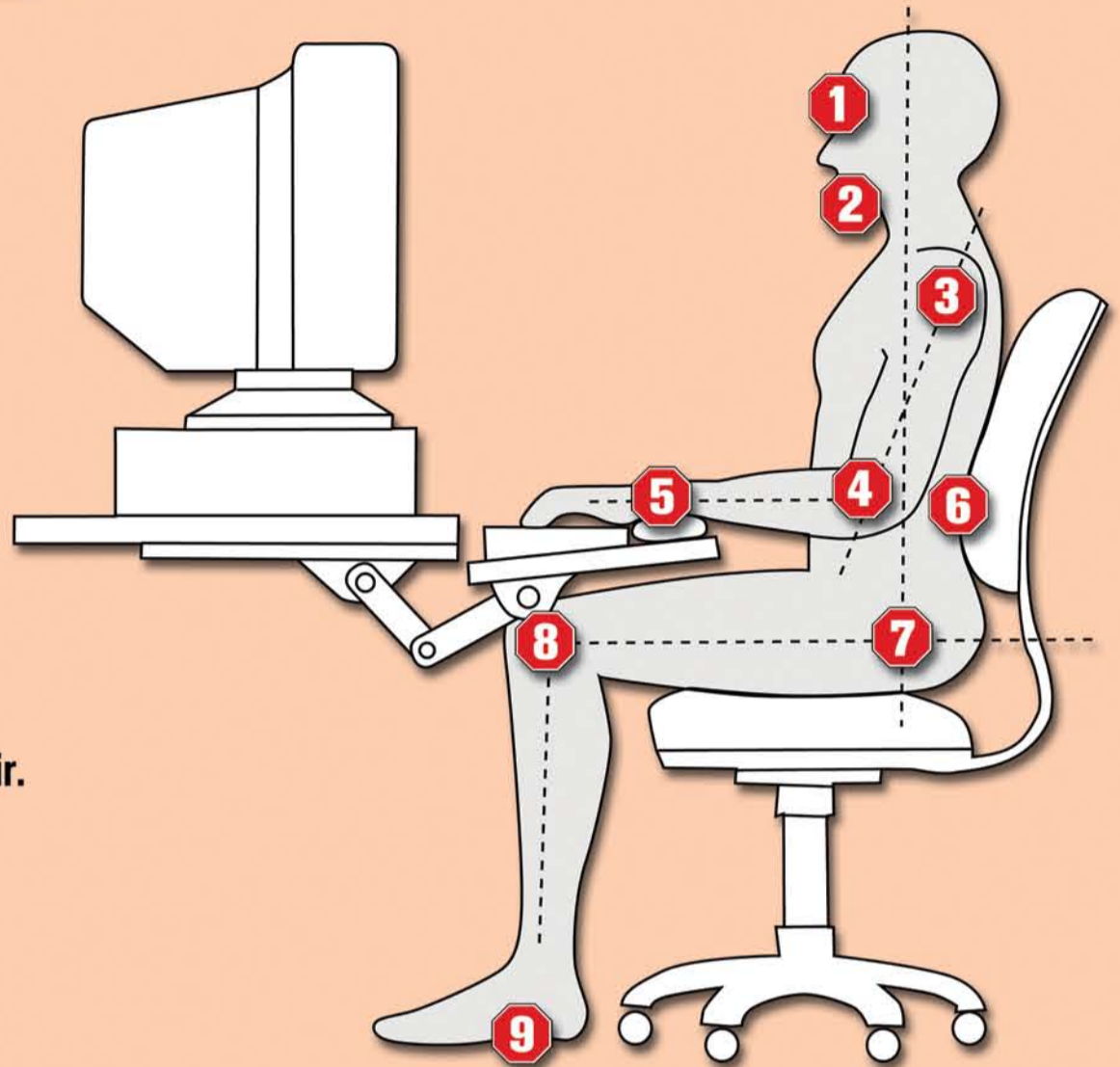




YOU MUST COMPLETE THE 10 WORKSTATION CHECKPOINTS



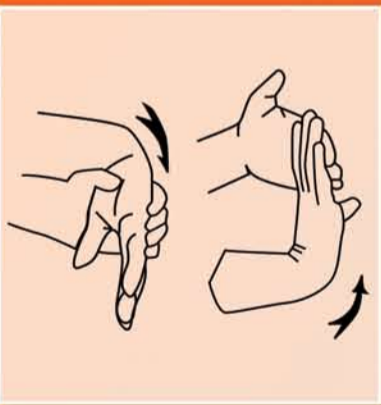
- 1** Eyes level with top of monitor screen.
- 2** Head straight with chin tucked in.
- 3** Shoulders relaxed and close to body.
- 4** Elbows close to the body.
- 5** Wrists in neutral posture.
- 6** Lower back supported.
- 7** Hips at 90 degrees and back in the chair.
- 8** Knees at 90 degrees.
- 9** Feet flat and supported.



10 Workstation Hints:

- >> Avoid the need to extend the arms / elbows for frequent job tasks
- >> Keep the mouse close to keyboard so elbows stay next to your side
- >> Change posture frequently from sit to stand
- >> Practice good posture, make it habit!

Forearm Stretch



Elbows straight, gently push and bend the wrist/fingers down. Hold for a count of 5 seconds. Perform 3 reps. Repeat with fingers up.

Finger Stretch



Widely open and stretch fingers, hold, then slowly close them together into a fist. Repeat 5 times.

Chin Tucks



Jut chin forward (think of a turtle's head as it pushes out of its shell). Then, pull chin in as far as possible. Repeat 10 times.

Upper Back Stretch



Clasp hands and reach upward until a gentle stretch is felt. Hold 5 seconds.

Shoulder Squeezes



Squeeze shoulder blades together, bringing elbows behind you. Hold to a count of 5. Relax. Repeat 10 times.

Preventing Loss & Promoting Safety

For more information contact Safety InSight, LLC. at (913) 764-6436

