



HEALTHY
ERGONOMICS
AWARENESS

No-No

ERGO

Twist & Shout



Turn About



Long Distance Calls



Keeping it Local



Hunchback



Back to Back



Arm's Length



In Close



Back Bend



Knee Bend



Mouse Away



Mouse Close-to-Stay



Too Low



Torso



Did you know that there are many easy ways to make your work safer for your body? As a start, take a look at the examples above and give them a try!

Enhance Your Awareness of Ergonomics

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

MHealthy.umich.edu/ergo