

Your **SMART**   
**SAFETY** Moment

## Ergonomic Awareness

Change it up.

According to the Bureau of Labor Statistics, about one-third of all occupational injuries and illnesses are due to overexertion or repetitive motion. Your posture, movement and work station are important to your physical wellness.

Discomfort, pain and injury in the workplace can be prevented. Work in comfortable postures — any position held for a long time will become uncomfortable. Work in a variety of positions throughout the day — it's easy to adjust office equipment. Use your muscles efficiently — it takes less effort to tap a computer key than to thump it hard.

Increased ergonomics awareness, training and hazard reduction will reduce injuries, lost work time and associated cost.

And that's smart safety!

For additional information or guidance, contact your safety office.