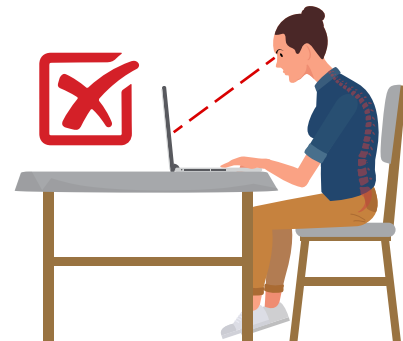
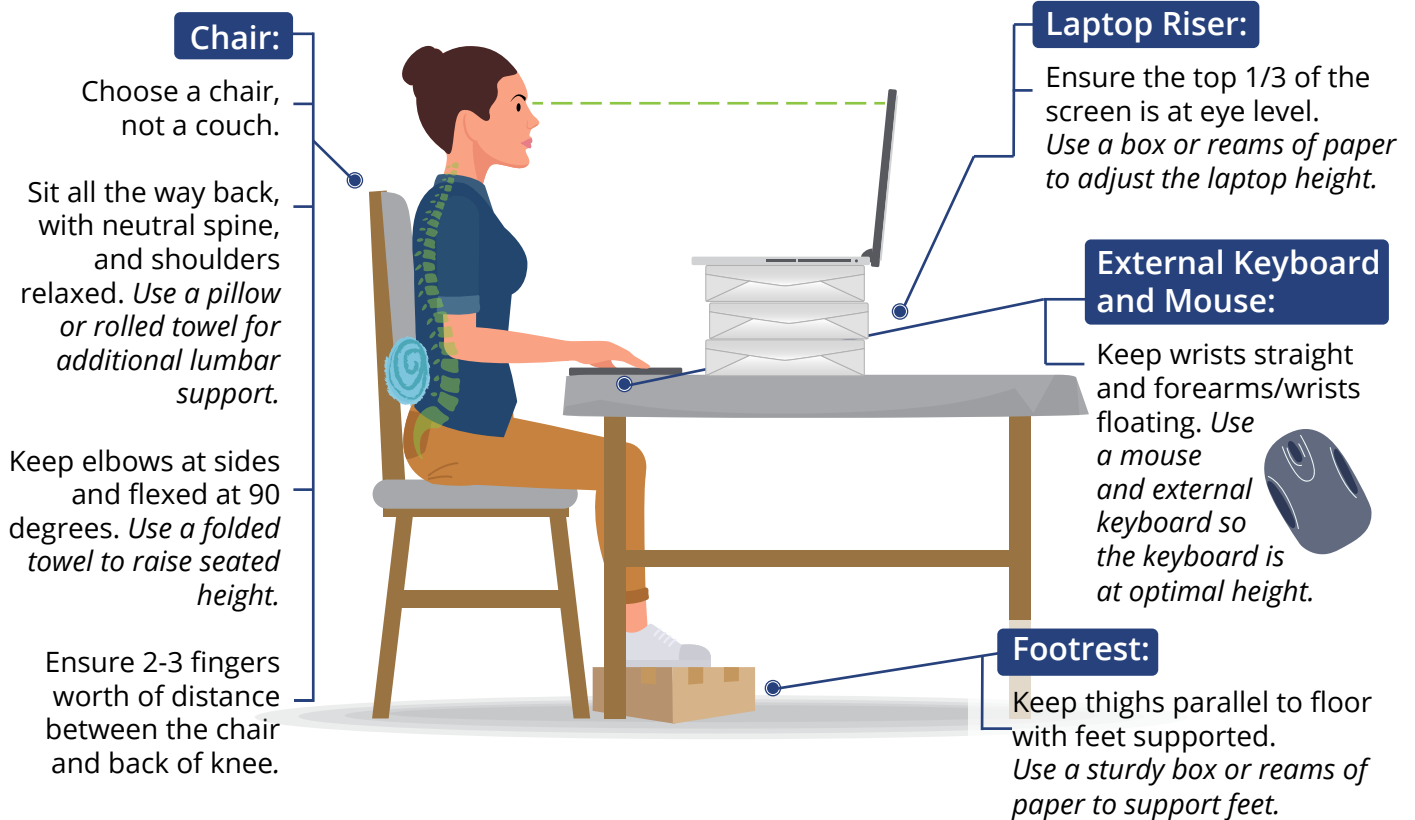


# What is ERGONOMICS?

There are times when an illness, a sick child, or inclement weather prevents us from going to the office, making it necessary to work from home. It might be tempting to work from the couch, but this may result in low back or neck discomfort. Sitting at a kitchen table or desk and using good body mechanics will allow you to work efficiently and comfortably.



Use items already in your house and take the necessary time to set-up a temporary workspace that is safe and supports smart ergonomics.



## Other reminders:

- Take frequent breaks (every 30 to 60 mins) and alter posture.
- Use phone calls to walk/stretch.
- Limit the duration of mobile phone use.
- Use ear buds, headphones, or speaker for calls.

## Want additional support?

Try one of our technology solutions:



**360 Me:** Ergonomic Self-Assessment web tool



**Virtual Assessment:** 1:1 virtual support with a Briotix Health Ergonomic Professional

Scan here for additional information and/or contact your Briotix Health Solutions Advisor

