MCLB ALBANY SAFETYGRAM

HOW DO YOU DO BUSINESS?

THE WRONG WAY or **THE RIGHT WAY**

Regardless of your posture, sitting still for prolonged periods can cause fatigue and stress on your body. You should change your working position frequently throughout the day by making small adjustment to your chair; stretch your fingers, hands, arms and torso; and stand up and walk around for a few minutes periodically.

Visit the following resources for more information:

www.ergonomics.org

Risk Management Office 639-5249
Ergonomics Coordinator:
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