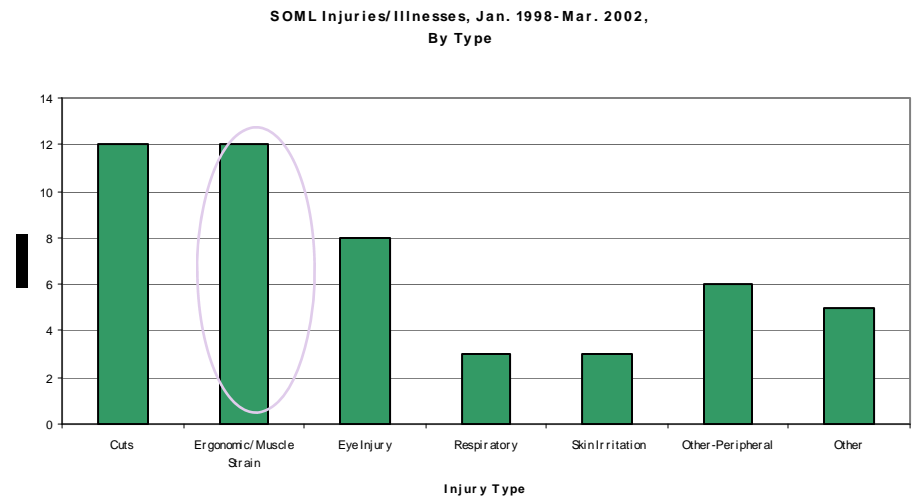
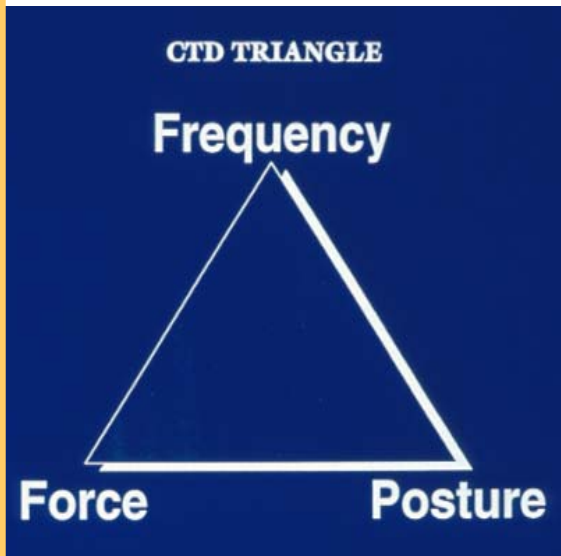


Ergonomics and You

“If you feel an ache, take a break.”

Cumulative Trauma Disorders (CTDs) are extremely common in the workplace. The CTD triangle highlights the three main things to be aware of when working in order to prevent ergonomic injury. Ergonomic injuries are one of the most common types of injuries at the Mirror Lab



Look at these pictures and see if you can identify potential ergonomic hazards. What are these people doing well? What could they be doing differently? The person who emails me (Shannon) by next Friday with the most potential (or already addressed) ergonomics hazards in these pictures will get a new ergonomic mousepad. *Stay tuned: Next week -ways to reduce office ergonomic stress.*

