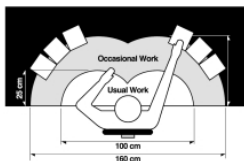


Are you a desk jockey?



Did you know ...

- Your common work hazards are soft tissue injuries, stress, and vision problems
- You could be at risk for repetitive strain injuries and musculoskeletal disorders (wrists, shoulders, neck, low back)
- Your risk factors include:
 - Uncomfortable or poor supported chairs
 - Poorly-placed monitor/keyboard/mouse
 - Low or high work surfaces
 - Lack of breaks or variety
 - Work pressure and pace



Did you know ...

- Ergonomics is the applied science of adapting work and/or workstations to workers
- Good ergonomic practices will help to prevent/reduce the number of workplace injuries
- Physiotherapists can help
 - identify your risk factors
 - recommend workstation modifications
 - assess, identify, and treat ergonomic-related injuries

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