

2020 Safety Steps for healthy ergonomics



Ensure your workstation is ergonomically set-up
Check your desk, monitors, keyboard, chair, lighting and room temperature.



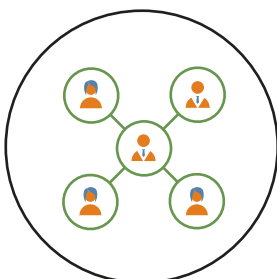
Get up from your workstation at least once every 30 minutes
For example, stand up when the phone rings and/or when talking on the phone.



Keep active - move your body
Set aside time to do stretches or yoga, use the stairs when possible or go for a jog at lunch time.



Have a small glass of water at your workstation
Get up regularly to refill your glass, walking and hydrating is a win-win situation.



Stay connected
Change it up, use the TEAMS mobile app to attend meetings in a different space or while walking around the block.