

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.



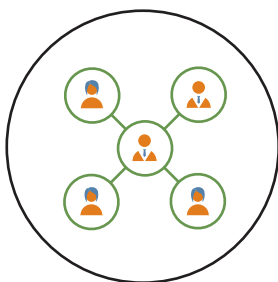
Keep active - move your body

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.