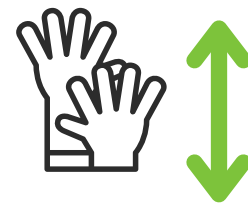


CELEBRATE ERGO MONTH IN OCTOBER

BY WRNW

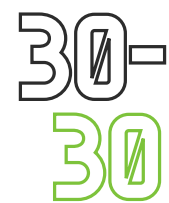
We recognize the importance of ergonomics in the workplace, especially for its injury prevention superpower! Prevention is our goal so utilization of ergonomics is essential to the bigger picture. Let's break it down into some easy takeaways to implement in any workplace.

So...what are a few examples?



People are different so make spaces and PPE adaptable

Make tables, desks, tools, screens, or workstations adaptable for height so they raise and lower, or bring closer.



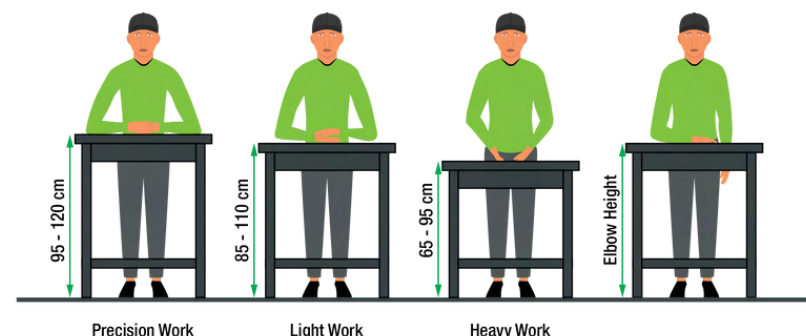
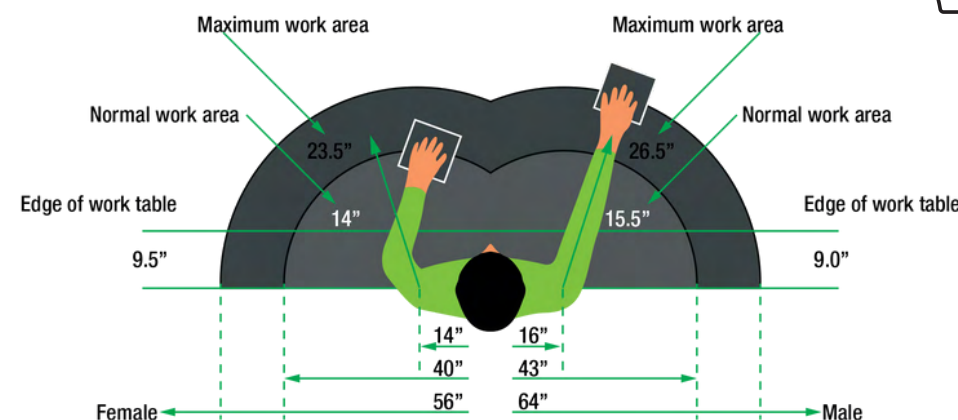
Set some well known rules

Try out the 30-30 rule. Every 30 minutes, take 30 seconds to reverse your position, stand up, do a stretch.



We are human

Ergonomic changes are also psychosocial. Aspects like tight deadlines, or lack of supervisor or co-worker support are risks for musculoskeletal injury as well.



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time..

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