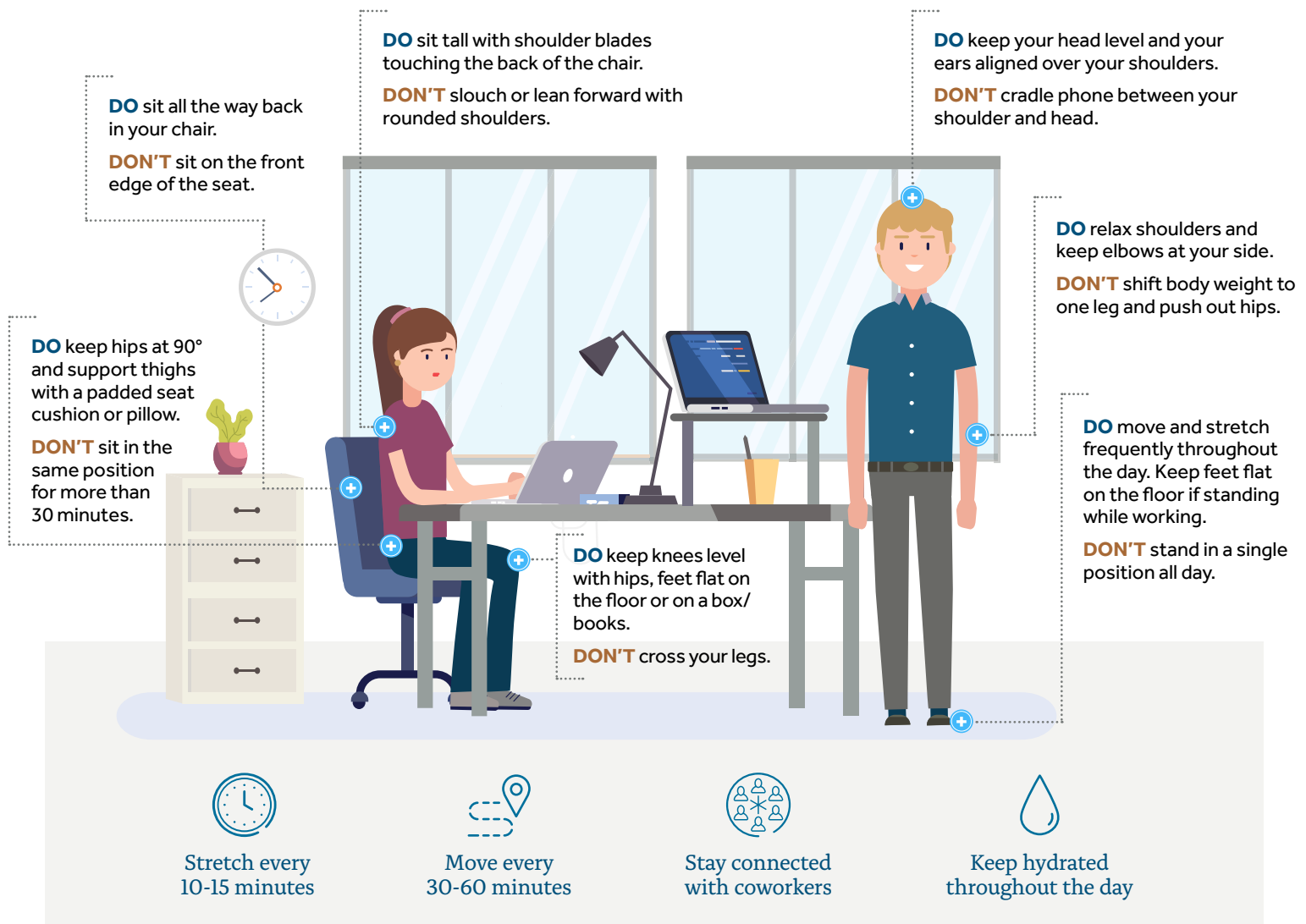


Ergonomic Tips

Tips and tools to improve your day.

To be productive and effective, it is important that you assess your posture and workstation set up¹. Here are some simple strategies that you can easily implement to help you be comfortable and healthy.



¹ Based on general guidelines developed by OSHA Computer eTool - <https://www.osha.gov/SLTC/etools/computerworkstations/index.html>.

This content is offered for informational purposes only. It does not constitute medical advice. Always consult your doctor for appropriate medical advice and care recommendations tailored to your specific medical condition.

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