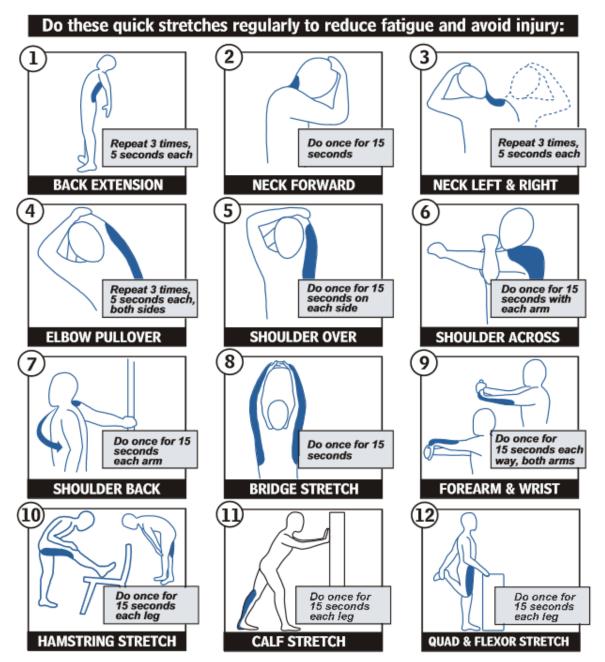


The following is a series of stretches that you can do at your desk or at your work area. Try and do at least one or two of these stretches every hour, particularly if you have been working that particular part of the body with many repetitive motions or with excessive amounts of force. These stretches are not guaranteed to eliminate injury, but rather may help reduce fatigue and the occurrence of injury related to ergonomics.



Source: Barbre Ergonomics (http://www.barbre-ergonomics.com/brochure.html)

## **Environmental Health and Safety**

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