



## No-No

## ERGO

Twist & Shout



Turn About



Long Distance Calls



Keeping it Local



Hunchback



Back to Back



Arm's Length



In Close



Back Bend



Knee Bend



Mouse Away



Mouse Close-to-Stay



Too Low



Torso



Did you know that there are literally dozens of easy ways to make your work easier on your body? As a start, take a look at the examples above and give them a try!

**Enhance Your Awareness of Ergonomics**

For more tips and easy, inexpensive ergonomic solutions, visit:

**Mhealthy.umich.edu**