

Coping with Worry and Stress - Wellness Tips

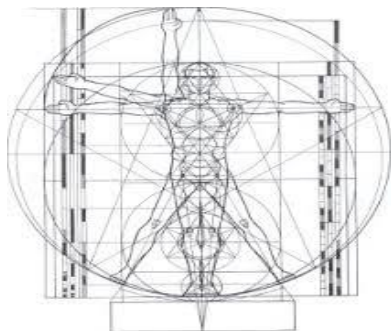


Welcome to your daily dose of wellness!

This week's message: **WORKPLACE ERGONOMICS**



This week's message is **Healthy Workplace Ergonomics**. Whether you are working on site or remotely, a poor worksite design leads to fatigue, frustration, health issues and lower productivity. Explore the links below to learn more about the field of ergonomic study and review tips and tools to create and maintain a proper work environment.



[Defining Ergonomics](#)

[The Official OSHA site - Ergonomics](#)

[The National Institute for Occupational Safety and Health \(NIOSH\)](#)



[Ergonomics: a How To Guide](#)

[Your Home Office and Your Health](#)



[Video - Ergonomics for Adults](#)

[Ergonomics for Kids - Video](#)

[Proper Form for Common Lifts](#)

