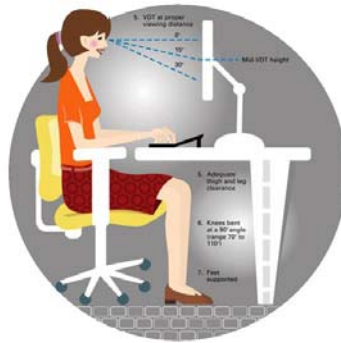


# Healthy Work Habits

## Participate in Ergo iSEAT

[Start today](#) to learn about ergonomics.  
Assess your own workstation.



## Adjust your equipment

Ensure proper use and adjustment of your office furniture and equipment

## Give yourself a break!

Take breaks regularly; once every hour. Integrate stretch breaks into your workday by using [RSIGuard](#) software. Perform other tasks intermittently between periods of extended computer work.



## Practice good posture

Change your position frequently. Get up from your chair rather than phone or call your coworker. Be aware of good body postures both at work and in all aspects of your life. Your health follows you wherever you go!

## Exercise

Stay healthy by participating in a regular exercise program



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