



Office Ergonomics

Ergonomics often involves arranging your environment-including equipment, tools, lighting, and how you do a task-to fit you and the activity you are doing. Office ergonomics focuses on arranging your work environment to fit your needs while you do your job. We will look at solution for: Daily routines, Back pain, Eye strain, Screen positioning, Hand and Arm basics. As well as inexpensive innovative solutions that really make a big difference in the way you feel after a day at the office.