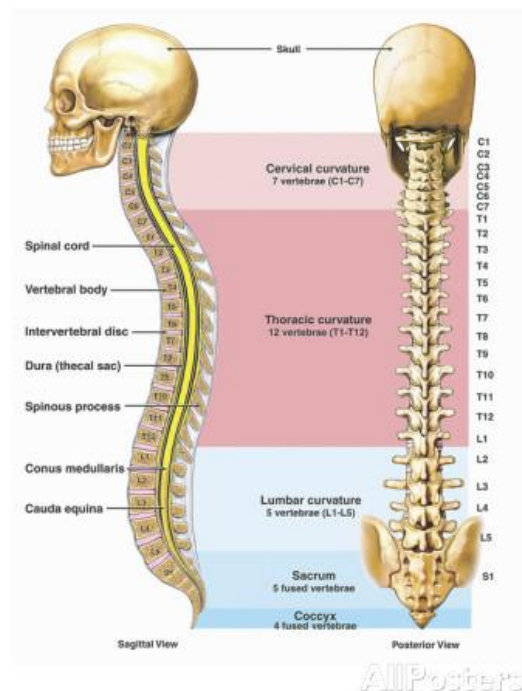


# Workstation Ergonomics & Back care

Protect your back to enjoy your job

## The Spine

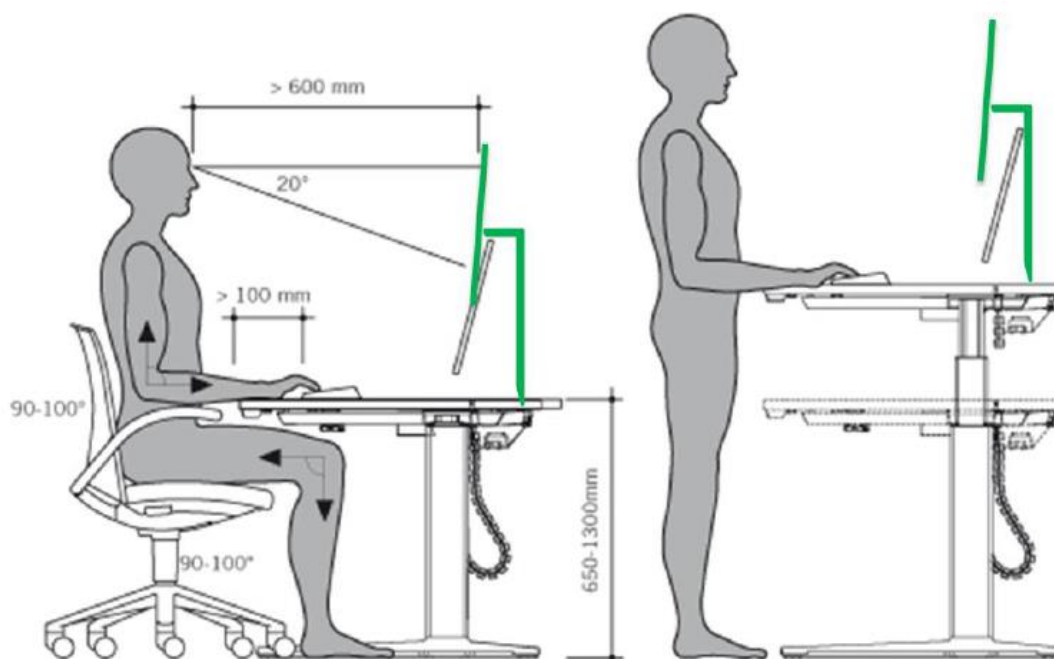
- Supportive structure
- 3 major curves = neutral spine
- Evenly distributes weight
- Allows upright / walking posture
- When sitting, majority of weight through LUMBAR spine



## Key components

- Spinal discs
- Vertebrae
- Nerves & spinal cord

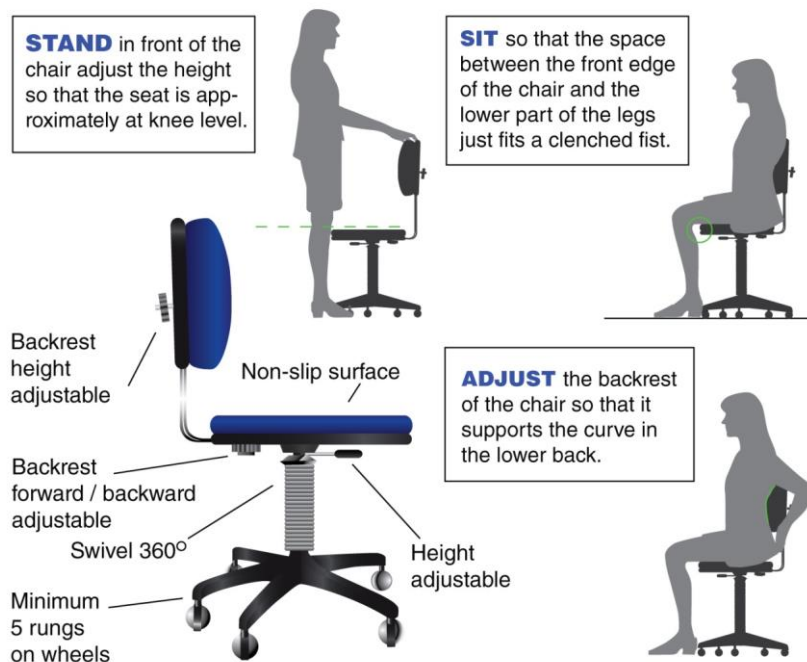
## Setting up your workstation



# Workstation Ergonomics & Back care

Protect your back to enjoy your job

Simple steps to set up your chair



Stretches for a tip-top back

