

Below is the before.

Important Ergonomic Safety Information

Some studies suggest that long periods of repetitive motion, that is, doing the same movement or action over and over, coupled with an improper work environment and incorrect work habits, may be linked to some certain types of physical discomfort, pain, or injury. These injuries that can cause this pain include carpal tunnel syndrome (CTS), tendonitis, and tenosynovitis. Because these types of injuries are usually (in most cases) prompted or brought on by repetitive motion, they are classified as RSI (repetitive stress injuries or repetitive strain injuries). There are many things that you can do each day to help prevent RSI. Some of these things are outlined in this article, but remember, it is important to follow all instructions carefully. Failure to do so may result in CTS, tendonitis, or tenosynovitis, so please read all of this article very carefully and note that these instructions may not only help minimize your chances of experiencing one of these conditions, but also help you to work more comfortably and effectively. Ensuring that your chair, work surface, and the placement of the mouse are in the correct positions is important. In addition, you should take frequent breaks to get away from your computer and desk area and thus avoid sitting in the same position for extended periods of time.

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Ergonomic Safety

Long periods of repetitive motion, an improper work environment, or poor work habits can lead to a repetitive stress injury (RSI). To prevent the risk of such injuries, take breaks every hour and follow these ergonomic guidelines.

