

Work Right with 3090
ERGONOMICS
Energizing Resources for a Great Office

www.afscme3090.org

Pay attention to signs of discomfort:

- Dropping Items
- Fidgeting
- Headaches
- Shaking hands
- Slouching and leaning
- Rubbing, massaging neck, hands, muscles, etc.

Solutions:

- Find ways to eliminate stationary positions, awkward postures, and repetition while working.
- Adjust your workstation and tools, such as mouse, keyboard, monitor and chair.
- Avoid no-nos at the computer such as slouching- this reduces back support and increases strain on your spine. Also avoid keeping your legs crossed – this places uneven pressure on the hips and back and can lead to back discomfort.
- Take your breaks!

For more information on:

- The Peer Health Advisor Program, ergonomic assessments, reference material on musculoskeletal disorders, please contact:
Sheryl Moore, Local 3090 Health and Safety Coordinator (213) 487-9887 X316 or visit www.afscme3090.org
- Additional workplace health and safety resources, please visit **UCLA's Labor Occupational Safety & Health (LOSH) Program at: www.losh.ucla.edu**

