

ERGONOMICS AT WORK

A GUIDE to proper posture, stronger back and a healthy workplace.

plan**b**
FITNESS



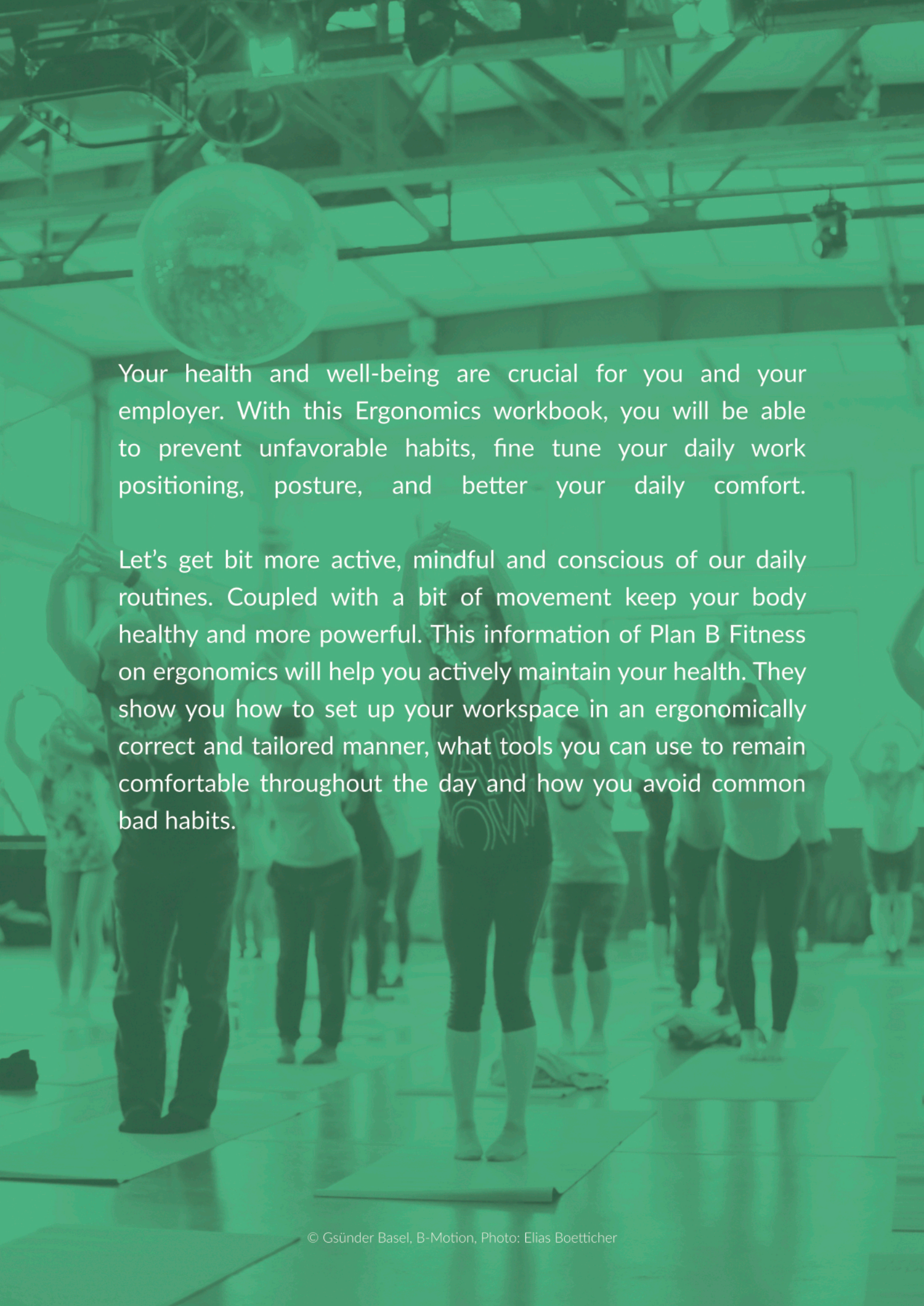


IF YOU EVER EXPERIENCE

**TENSIONS, HEADACHES, EYE PROBLEMS, NECK,
HIP BACK PAINS OR OTHER SIMILAR SIGNALS**

it means that your body is telling you that you ought to ask yourself few questions including:

- 1. How many hours a day do you sit?**
- 2. Do you take breaks? If so, do you try to move during those breaks?**
- 3. Have you considered ergonomics while designing your work station?**

A group of people in a gym or studio are performing a fitness routine. They are standing on mats, with their arms raised above their heads. The room has a high ceiling with exposed beams and a large circular light fixture hanging from the ceiling. The overall tone of the image is green.

Your health and well-being are crucial for you and your employer. With this Ergonomics workbook, you will be able to prevent unfavorable habits, fine tune your daily work positioning, posture, and better your daily comfort.

Let's get bit more active, mindful and conscious of our daily routines. Coupled with a bit of movement keep your body healthy and more powerful. This information of Plan B Fitness on ergonomics will help you actively maintain your health. They show you how to set up your workspace in an ergonomically correct and tailored manner, what tools you can use to remain comfortable throughout the day and how you avoid common bad habits.

5 STEPS

TO A HEALTHIER WORK LIFE

STEP 1

INDIVIDUAL BASIC ERGONOMIC ASSESSMENT

Questioner for employees regarding their ergonomics today.

RESULT: personalized ergonomics tips recommendation.

STEP 2

INDIVIDUAL WORKSPACE PLANNER

Basic physical info needed. Find the right position for yourself and your workstation components.

RESULT: personal exact recommendation on sitting and standing positions.

STEP 3

BREAKS

Take them. Stretch. Decompress. Counterbalance the hours of sitting.

RESULT: Few basic daily movement recommendations.

STEP 4

6 „GADGETS“ FOR MAKING YOUR DESK EXPERIENCE BETTER

Six gadgets which will make your office experience more pleasurable and healthier.

RESULT: Added comfort.

STEP 5

OVERVIEW

Computing comfort starts with paying attention to your body's experience.

RESULT: Better understanding of ergonomics in daily office life.



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