

Ergonomic Awareness/Principles



Ergonomics related to both office and field environments including safe lifting, computer use and awkward postures. *(20–30 minutes)*

**FOR PRESENTATION INFORMATION CONTACT:
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Hanford Occupational Health Services

Other useful links:

Eye Exercises: <http://www.hanford.gov/amh/eye/index.html>

Ergonomic Services: <http://www.hanford.gov/amh/?page=35>