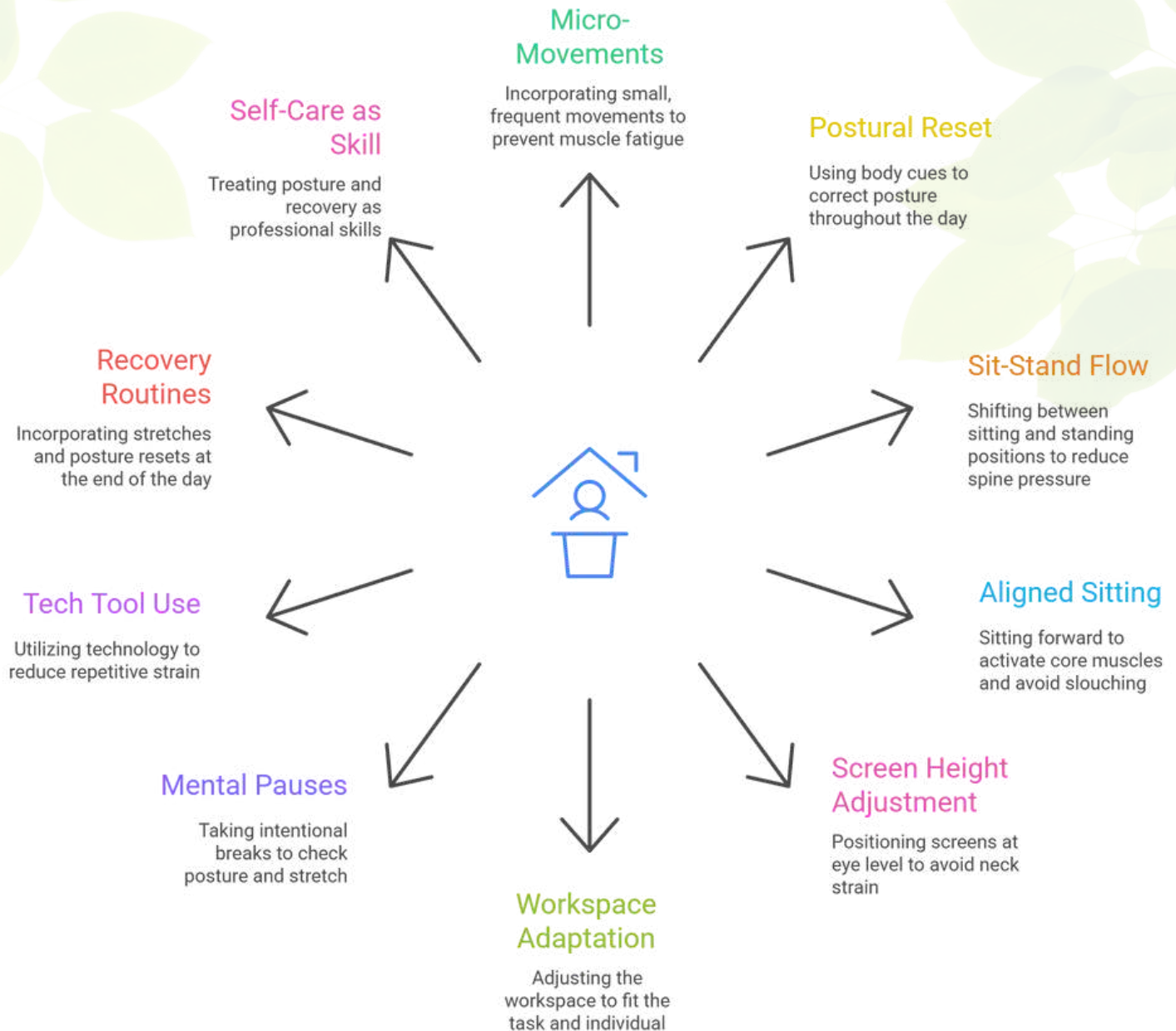


These simple habits can help you and your team stay healthier, more comfortable, and more productive in computer-based roles. Share this guide as a daily reminder to build self-care into your workday.

Positive Work Behaviors for Pain Reduction



Treat posture, recovery, and self-care as essential professional skills.

*Healthy people = Productive workplaces.
Small changes can make a big impact.*