



# Safety Information Catalog

## Ergonomic

Category	ID #
The hazards of fatigue (English & Spanish)	300A
50 things you can do to save your back	300B
What is ergonomics and why is it important?	300C
Ten exercises and stretches - without leaving your workstation	300D
Taking advantage of ergonomic furniture and equipment	300E
You can do something about eye strain	300F
Working up close	300G
Relief for sore neck and shoulder muscles	300H
Sitting pretty-Good posture boosts energy!	300 i
Standing tall-Overcoming fatigue On you feet	300J
Dealing with low back pain at work	300K
Staying on the safe side of computer terminals	300L
Telephones and your neck	300M
Ergonomics (2 pgs)	300N
Ergonomics - Spanish (2 pgs)	300NS
Are you at risk for repetitive motion disorders?	301A
Preventing repetitive motion injuries (English & Spanish)	301B
Cumulative trauma disorders	301C
Sidestepping carpal tunnel syndrome	301D
Carpal tunnel syndrome: an inside view	301E
Exercises to prevent cumulative trauma disorders	301F
Tennis elbow at work?	301G
Facts about repetitive motion injuries	301H
The simple wheelbarrow	302A
Lift with your legs, not your back (English & Spanish)(poster)	302B
Lifting basics (English & Spanish)	302C
Lifting awkward loads (English & Spanish)	302D
The mechanics of lifting (English & Spanish)	302E
Back exercises (English & Spanish)	302F
Patience is a virtue	302G
Body mechanics for material handlers	302H
Lift it right	302I
No more back strains and sprains	305A
Material handling - dollies and hand trucks (English & Spanish)	305B
Get help with heavy loads (English & Spanish)(poster)	305C
Body mechanics for patient care staff	305D