Avoid repetitive motions

Change the way you sit or stand frequently

See the Signs

Tenderness

Numbness or tingling

Pain or swelling

Loss of grip strength

Work in a comfortable position

Lift, lower, push, pull, reach or stretch in moderation

What to do to avoid ergonomic injuries:

Work in moderation

Get more members

What to do to avoid ergonomic injuries:

Work in moderation

Lift, lower, push, pull, reach or stretch in moderation

Avoid repetitive motions

Change the way you sit or stand frequently

Loss of grip strength

Tenderness

Numbness or tingling

Pain or swelling