

The Sibley Report

August 2000

... the place to find valuable information to help make your job – and your life easier!

You will receive a copy of this brief, easy-to-read report every month – and it will cover topics that are of interest to you! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call.

Sibley & Associates is a national disability management firm with a decade of experience, 115 plus health-care professionals, and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer...while also benefiting from the “small business” customer service philosophy of our dedicated **Insurance Services Division.**



Sibley

& ASSOCIATES INC.

Work Can Be A Real Pain In The Neck..

Technology may be making your job easier....but it may also be giving you a pain in the neck! As technology continues to advance, you may be finding yourself spending more and more time in front of a computer. However, if your workstation is not properly set up for those long hours, you could end up with neck/back strain and/or repetitive strain injuries! In fact, strain injuries are on the rise, causing 50% of all lost time injuries.

One of the biggest risk factors for strain injuries is poor posture.

But, here's the good news....fortunately, poor posture is one of the easiest risk factors to control.

All you have to do is apply a little common sense to make sure your workstation is suited to the type of work you do. Try the following “10 Tips for a Perfect Fit” - and you will see how a little change can make a world of difference in preventing painful and costly strain injuries.

If you would like a FREE health education seminar, such as “Ergonomics & You”, please call Charlene Leonard, Ergonomist, at 1-800-363-8900.

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