

# Important Ergonomic Safety Tips

RSIs (repetitive stress injuries or repetitive strain injuries) include injuries that impact your muscles, nerves, ligaments, and tendons (for example, CTS (carpal tunnel syndrome and tendinitis). RSIs may be linked to long periods of repetitive motion, an improperly set up workstation, and bad posture.

There are things you can do each day to help prevent RSIs. These tips may also help you to work more comfortably and effectively:

- Take a break every hour to stand, walk, and stretch.
- Make sure that your chair, work surface, and mouse are in the correct positions.

