


Subject: Preventing Work Injuries

Staff,

Due to an increase in cases of repetitive stress injuries (RSIs), administration has replaced all chairs and desks.

Attached is an infographic on how to arrange your office to help prevent RSIs.

 Warning: Read and follow all instructions carefully to reduce the risk of injury. Ask for assistance moving heavy objects.

Dr. Steven also recommends taking a 1–2-minute break every hour throughout the day.

Failure to increase productivity means a meeting with me.

Best,

George Mattherson
Main Accounting Department Director

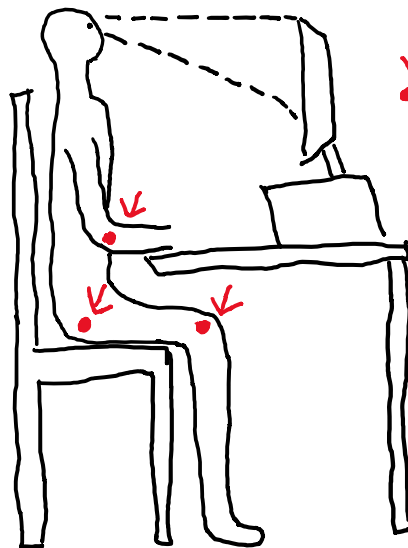
RSI Prevention

Repetitive stress injuries (RSIs) are caused by performing the same action repeatedly.

Also known as:

- carpal tunnel syndrome
- tendonitis
- tenosynovitis

back
straight
and
supported



all angles between 90-120°

feet flat on the floor