Ergonomic Breaks, Rest Periods, and Stretches Fallen Phrases



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I		D	R	E	E	R	E	M	U	O		K	E	R	O	R	C		R	E	E	N	I	V	O		F
A	N	U	U	R	E	D	M	X	I	S	R	H	I	T	G	H	E	S	H	U	R	T	C	T	N	O	P

Answer:

Ergonomic breaks help to increase worker productivity and reduce the occurrence of injuries. Stretches can help you warm up before work and relax during breaks.