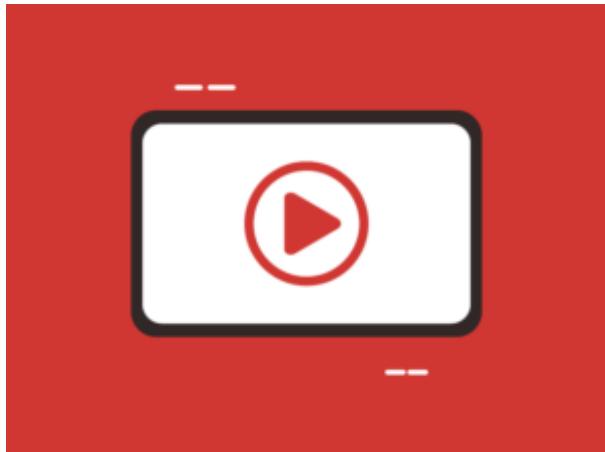


# Office Ergonomics Safety Video



This video shows how to properly position chairs, mouse, monitor, keyboard and covers general ergonomic principles so employees will have a better understanding of how to prevent ergonomic injuries. The video explains proper hand, arm, feet, and leg positions while working at a computer. Steps that can be taken to reduce ergonomic related hazards are discussed in detail.