

Is your workstation **killing** you?

Neck Pain? Back Pain? Eye Strain?

If you work in front of a computer, you've likely encountered these problems.

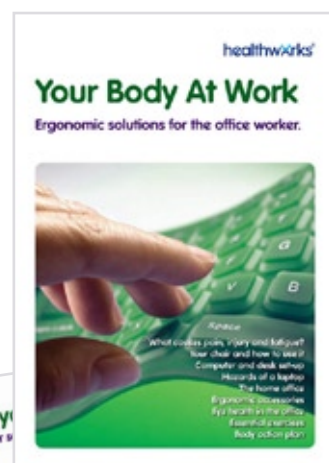
Are you fed up with those aches and pains and looking for a way to help your body last a lifetime of office work? Check out Healthworks' newest booklet "Your Body at Work" now!

Written by an expert physiotherapist, this booklet has the information, assessment tools, exercises and guidance to help staff improve their workstation ergonomics and function more effectively and productively.

So identify and eliminate the ergonomic problems that come with working in front of a computer before they impact your bottom line.

The booklet covers

- Causes of pain, injury and fatigue
- How to use your chair
- Setting up your workstation
- Hazards of laptop use
- The home office
- Ergonomic accessories
- Eye health
- Essential exercises



Reduce your organisational risk now!

Pricing

| Booklet copies | 1-25 | 26-50 | 51-100 | 101-250 | 251-500 | 501-1000 | 1001+ |
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*GST included in these prices. If ordering outside Australia, please contact us.
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