



Monthly Topic Selection

① General	Month
MSD's: What are they?	
Back Care 101	
Stretching #1 (Poster Only)	
Stretching #2 (Poster Only)	
Stretching #3 (Poster Only)	
Ideal Body Postures	
Move Early/Move Often	
Working in the Heat	
Gardening Tips	
Autumn Clean-up Tips	
Prevent Winter Discomfort	
Driving Ergonomics	
What are Good and Bad Vibes?	
② Office/ Technology	Month
Mobile Phone Tips	
Laptop Ergonomics	
Get to know your Chair	
Office Injury Prevention: Seated	
Office Injury Prevention: Standing	
Ergonomics "On the Go"	
Kids at the Keyboard	
Healthy Home Office	

③ Workplace Specific	Month
Ideal Lifting Zones	
Ideal Working Heights	
Hand Tool Use	
Effect of Gloves	
Vacuuming Tips	
Mopping Tips	
Garbage Removal Tips	
Laundry Tips	
Bed Making Tips	
Moving Furniture Tips	
Clean Aware	
Additional Information	

Notes:

