

Welcome to Working Well @ Marin County

This learning guide gives you essential tips on working comfortably and safely at your job. It's all about practicing good **ERGONOMICS**-
adapting your work setting and work tools to support the way you work
and modifying postures and habits to improve your comfort and health.

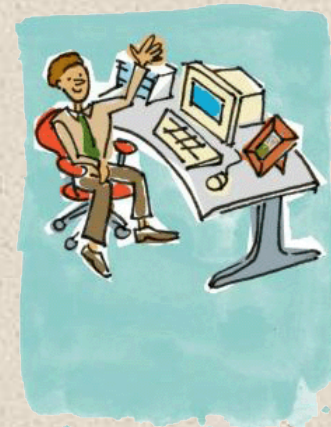
It covers a wide variety of work activities and job functions...



Counter Work



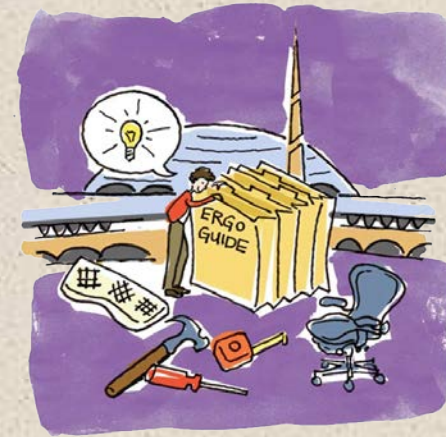
Filing / Sorting



Computer Work

Working Well @ Marin Ergo Guide

The learning guide is organized by the types of activities that your job might entail and offers some great tips to help you practice good ergonomics on the job. Check out the topics below and go to the next slide to select.



- Understand ergonomic risks
- Keying
- Mousing / pointing
- Paperwork
- Phone work
- Viewing the monitor & hardcopy
- Sitting & seating
- Counter work
- Repetitive reaching & filing
- Repetitive gripping & grasping
- Lifting heavy objects
- Pushing & pulling carts

Get the essential tips you need!

You may select only the information that applies to your job or that interests you.

[Just click the icon with your mouse](#), check out the ergonomic tips & give them a try.

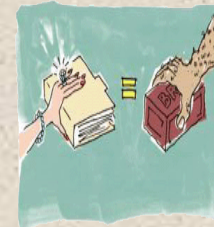
Be sure to start with icon #1: Understanding Ergo Risks to get off to a good start.



1. Understand Ergo Risks



5. Phone Work



9. Repetitive Grasping of Materials



2. Keying



6. Viewing Screen & Hardcopy



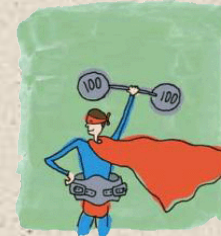
10. Repetitive Reaching & Filing



3. Mousing



7. Sitting & Seating



11. Lifting Heavy Objects



4. Paperwork



8. Counter Work



12. Pushing Pulling Carts