

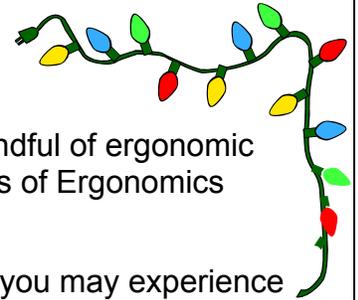
# BAY VALLEY C/S ERRP



December 2008



## Happy Holidays!!!



In an effort to spread a little holiday cheer and still encourage you to be mindful of ergonomic issues, we thought we'd take a little light-hearted look at the 10 Principles of Ergonomics with a holiday twist. Here they are:

- If you stand on your 9" stepstool to put the lights on the eaves of your home, you may experience **Excessive Reach** from working at an **Improper Height**
- Kneeling on the floor for an hour trying to locate the one bulb that needs replacing on the strand of lights may create problems with **Awkward Posture** and **Pressure Points**
- If you carry your Christmas tree to your car all by yourself because you're too macho to ask for help from the teenager at the tree lot, you may experience problems with **Excessive Force**
- If you wrap all 53 gifts that you've bought for your family at 11pm on the night before your holiday, you may experience problems with **Excessive Motion**
- If you stand in line for an hour to get the best deal on an iPod or Wii, you may experience **Fatigue & Static Load**
- Trying to fit all 18 of your relatives around your 5' long table for dinner may create **Clearance** issues
- If you visit Grandma in Minnesota wearing a windbreaker because it's the only jacket you own, you may have problems with the **Environment**
- If you buy all your gifts on eBay rather than braving the mall, you may miss a great opportunity to **Move, Stretch and Exercise**



That's the average number of pounds we will gain during the period from Thanksgiving to New Years Day. Create a plan to incorporate fitness into your daily routine, don't put it on hold and make it part of a New Year's resolution!

### What people are saying about...

#### Clerk Footrests

**[Before]** "My feet were sore at the end of the day, as I stand 8 hrs at the window"

**[After]** "It does relieve my feet & knees. It's comfortable to use, very helpful in the afternoon."

**[Before]** "I always had burning pain in my knee; always getting stiff."

**[After]** "I feel much better; it helps by taking the pressure off of the knee."

*Share your ideas or requests with us by filling out an ERRP suggestion card*