

Back Safety

- ◆ Learn about the anatomy of the spine, ergonomic principles related to both office and field environments, and risk for injury
- ◆ Discussions include safe lifting, computer use and awkward postures
- ◆ WorkFit Stretches & Exercises are also highlighted
- ◆ For Presentation Information contact [Paul Rudis](#) 376-2109 or [Laura Carpino](#) 376-9040

