ERGO BINGO

SUPPORT BACK	ADJUST BRIGHTNESS AND CONTRAST OF SCREEN	DO RISK ASSESSMENT	PROPER TRAINING FOR STAFF	MAINTAIN A FRIM GRIP
BEND KNEES	SUPPORT ARM	PLAN ROUTE	ASSESS LOAD	PROPER ADJUSTMENT OF SCREEN
STRETCH	TAKE SHORT BREAKS	**FREE**	AVOID TWISTING WHILE CARRYING LOAD	KEEP OFTEN USED OBJECTS AT DESK CLOSER
KEEP THIGHS HORIZONTAL	SHOULDERS RELAXED	KEY BOARD AT CONFORTABLE HEIGHT	KEEP FEET FLAT ON FLOOR	MONITOR AT ARM LENGTH
ELBOWS AND KNEES AT 90 DEGREE	BACK STRAIGHT	PROPER ADJUSTMENT OF CHAIR	USE MECHANICAL AIDS	DIVIDE LOAD

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ERGO BINGO

TAKE SHORT BREAKS	ASSESS LOAD	PROPER TRAINING FOR STAFF	BEND KNEES	PLAN ROUTE
DO RISK ASSESSMENT	USE MECHANICAL AIDS	MAINTAIN A FRIM GRIP	BACK STRAIGHT	PROPER ADJUSTMENT OF SCREEN
KEEP THIGHS HORIZONTAL	AVOID TWISTING WHILE CARRYING LOAD	**FREE**	KEEP OFTEN USED OBJECTS AT DESK CLOSER	ADJUST BRIGHTNESS AND CONTRAST OF SCREEN
KEEP FEET FLAT ON FLOOR	PROPER ADJUSTMENT OF CHAIR	SUPPORT BACK	DIVIDE LOAD	SHOULDERS RELAXED
KEY BOARD AT CONFORTABLE HEIGHT	MONITOR AT ARM LENGTH	STRETCH	SUPPORT ARM	ELBOWS AND KNEES AT 90 DEGREE

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ERGO BINGO

BACK STRAIGHT	PROPER ADJUSTMENT OF CHAIR	ASSESS LOAD	MONITOR AT ARM LENGTH	AVOID TWISTING WHILE CARRYING LOAD
SUPPORT BACK	KEEP THIGHS HORIZONTAL	KEY BOARD AT CONFORTABLE HEIGHT	SUPPORT ARM	MAINTAIN A FRIM GRIP
STRETCH	DIVIDE LOAD	**FREE**	SHOULDERS RELAXED	KEEP FEET FLAT ON FLOOR
TAKE SHORT BREAKS	PROPER ADJUSTMENT OF SCREEN	PROPER TRAINING FOR STAFF	USE MECHANICAL AIDS	DO RISK ASSESSMENT
KEEP OFTEN USED OBJECTS AT DESK CLOSER	ADJUST BRIGHTNESS AND CONTRAST OF SCREEN	PLAN ROUTE	BEND KNEES	ELBOWS AND KNEES AT 90 DEGREE

ERGONOMICS AND MANUAL HANDLING Bingo Card #3 of 3

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