



# SAFETY IS YOUR JOB!



## Office Ergonomics

- Adjust your chair.
- Use proper lighting and rest your eyes.
- Stand up and stretch.
- Avoid repetitive motions!

**If you have any questions, or would like to learn more, please contact:  
RM\_SafetyInAction@dekalbcountyga.gov or call 404-371-4991#2**

