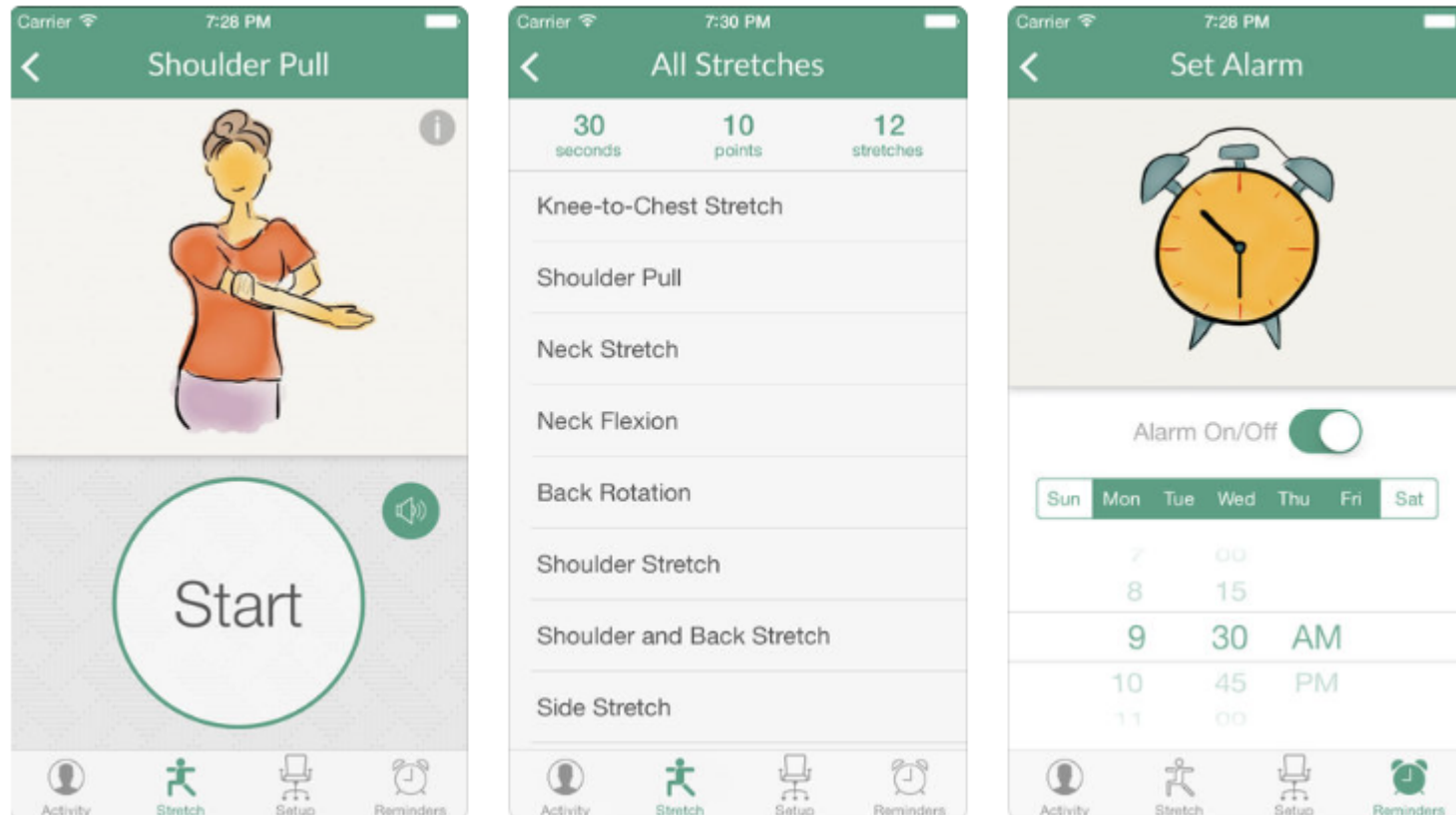


Ergonomics App

Working for long periods at a time with no can lead to multiple type of ergonomic injuries. Long term effects are even possible. Carpal tunnel is one of the more common issues. These types of injuries account for 33% of all worker's compensation costs.



Ergonomics is a complete mobile workplace health solution that offers equipment setup advice, a variety of workplace specific stretching exercises, and programmable reminders to help you time your breaks. It is a simple application with two goals: improving your workplace health and productivity by encouraging stretch breaks and ensuring that all of your workplace equipment is set up ergonomically for the times that you are sitting.

Available on Apple devices

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