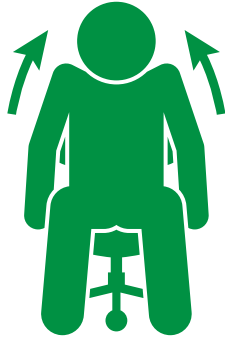


# Staying healthy on the job!

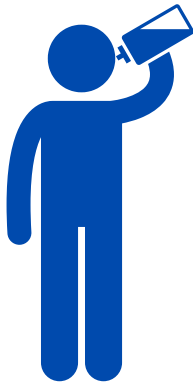
Some tips from your Union, ASEA



Take stretching breaks



Rest your eyes from computer & phone screens from time to time by looking out a window



Drink plenty of water



Stretch your legs, take walks & other short breaks



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Ensure ergonomic desk setup

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