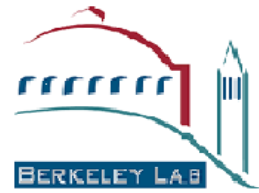


Updates



Welcome Back !!!

- **Alameda County - Low**
 - **Masks only required on shuttles and at Medical**
 - **Still must complete the weekly symptom check**
- **No Travel WPCs**
 - **Expected to follow CDC guidance (Pub 3000 Ch46)**
- **Contact Medical (6266) if**
 - **Positive COVID Test**
 - **You have COVID Symptoms**



Ergo is Back



Ergonomic safety remains a top concern.

- Discomforts and Reportables are heading up
- Do not work directly on your laptop!
- Move at least every 20-30 minutes
 - Install RSI Guard
- Review your existing equipment
 - Do you need something?
- ergo.lbl.gov
 - Shopping Guides
- EHS0054 / 0058 Ergonomics Training



Berkeley Lab Ergonomics

^ Home

▼ Quick Links

▼ COVID-19 Resources
from the Ergo Team

Recharge

▼ The Way We Work Ergo
Resources

▼ Ergo Program, Policy, &
Guidelines

▼ Ergo Training

Quick Links

[COVID-19 Ergo Resources](#)

[Request an Ergo Evaluation](#)

[Ergo Database](#)

[Ergo Online Training \(Cority\)](#)

[RSI Guard Download](#)

[Ergo Advocate List](#)

[Telework Shopping Guide](#)

[Ergo Catalogs \(On-site only\)](#)

[Contact](#)

The Berkeley Lab Ergonomics Program provides ergonomic support and services to help optimize employee safety and comfort; with the ultimate goal of reducing the likelihood and severity of ergonomic-related discomfort and/or injuries. The Ergonomics Program provides ergonomic evaluations, consultations, and training for offices, labs, shops and material handling areas. We also stock ergonomic chairs, input devices and accessories for you to test or purchase.

[Click Here](#) for an overview of Ergonomics

Your best posture is your next posture!



Perch Sitting



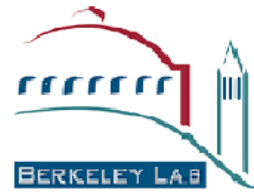
Upright Sitting



Relaxed Sitting



Pedestrian Safety



- **Use Crosswalks**



- **Use Handrails**



- **Be mindful of uneven walking surfaces**

- **Make sure drivers see you**



- **Put your cell phone away**



Questions

