

Updates / Reminders



- **COVID and Flu Shots**
(clinic.lbl.gov)
- **All COVID requirements are set to end on Monday February 3rd**
- **Construction Traffic**
 - **Watch for flaggers**
- **BioEpic Move-In starts in two weeks**

Ergo Here Again



Ergonomic safety remains a top concern.

- Try not to work directly on your laptop!
- Move at least every 20-30 minutes (hands, eyes, legs)
- How is your equipment?
 - Sticky keyboard or mouse
 - Still using your laptop webcam
 - Non-adjustable desk
- **ergo.lbl.gov**
- Work with your Admin to order
- EHS0054 / 0058 Ergonomics Training





1 Minute 4 Safety

The EHS Ergo Team has [helpful resources](#); no matter where or how you work.

Ergonomic Resources to Help You Take Care of Yourself



[Need to know how to adjust your chair?](#)

Find out about all of the onsite chairs. All you need to do is find the picture of your chair then learn how to adjust it.



[Need to know how to adjust your desk?](#)

Find out how to adjust single and bilevel styles of sit/stand desks.



[Need some ways to give your body and mind a break?](#)

Learn about resources such as stretch break software, keyboard shortcuts and speech recognition tools.



[Onsite Ergo Catalog](#)

This catalog is for on-site purchases ONLY.



[Telework Catalog](#)

This catalog is for telework purchases ONLY. For additional details about teleworking, go to [Telework.lbl.gov](#)



[Ergo Display Room](#)

In Building 26 room 004 we have ergonomic chairs and accessories you can demo. We stock many of the items so you can take them with you to try out. Contact EHS Ergo Team at ergo@lbl.gov to make an appointment.



[RSI Guard](#)

Taking time to recharge and moving often are key to preventing discomfort. RSI Guard is a customizable break reminder software that is available to all employees.

Looking for Even More Ergonomic Resources?



[Ergo Advocate](#)

Ergo Advocates are available to assist you with addressing your ergo needs such as performing preventative evals and how to get or set up equipment.



[EHS Ergo Team](#)

Contact the EHS Ergo Team at ergo.lbl.gov or [510-486-6848](tel:510-486-6848) for any ergonomic-related questions or inquiries.



[I do material handling](#)



[I work in a lab](#)

Questions?

