



# IS YOUR WORKSPACE A GOOD FIT FOR YOU?

Reduce fatigue and injuries by:

- Tailoring your workspace to promote good posture.
- Lifting heavy objects with care.
- Taking stretch breaks.

Every 30 to 60 minutes, take time to stretch and realign yourself. This will help to reduce stress and strains. Do your part for a safer Montana. For more information, please visit [safemt.com](http://safemt.com).