Office Safety Tips

Ergonomic Workstations - Place feet flat on the ground, arms should rest comfortably, keyboards positioned to keep the wrists neutral, and screens set at eye level.

Regular Breaks - Breaks serve as a means to reduce eye strain, alleviate mental fatigue, and prevent physical stiffness from sitting too long.

Keeping Aisles Clear - A clear path reduces the chances of employees tripping or falling and getting injured.

Tidy Workspaces - A neat and organized workspace offers multiple advantages, from minimizing distractions to promoting efficiency.

Proper Lighting - Adequate and well-distributed illumination ensures that employees can clearly see their tasks, read documents, and work on computers without straining their eyes.