

# DoD Ergonomics Working Group NEWS



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[www.ergoworkinggroup.org](http://www.ergoworkinggroup.org)

## New Fact Sheets Address Hot Topics

The DoD Ergonomics Working Group announces three new publications in our fact sheet series. Written for both supervisors and employees, these new fact sheets address ergonomic concerns of laptop users, office workers, and childcare workers.



### **Fact Sheet 22—You should know how to prevent injuries while using your laptop.**

Despite the poor ergonomic design of laptop computers, there are guidelines to follow to avoid musculoskeletal discomfort and injury. Tips on laptop position and placement; the keyboard and screen; and carrying the laptop are all addressed in this fact sheet.



### **Fact Sheet 23—You can troubleshoot pain and discomfort in your office.**

This fact sheet identifies common causes of neck, upper back, and shoulder tightness, tension, or discomfort; hand, wrist, and lower arm discomfort; lower back pain and discomfort; and buttocks discomfort. Solutions to reduce and eliminate pain are provided.



### **Fact Sheet 24—If you are taking care of infants and toddlers, you need to take care of your back.**

Child care is demanding. Childcare workers spend their day standing, walking, bending, stooping, and lifting to attend to the needs of infants and toddlers. This fact sheet presents lifting techniques and exercises for a healthy back.

Suggestions for simple home treatment are also provided, in addition to a list of symptoms requiring medical attention.

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- Fact Sheet 22—You should know how to prevent injuries while using your laptop.
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**Copies of all 24 fact sheets are available in Adobe Acrobat Reader  
at the working group’s Web site: [www.ergoworkinggroup.org](http://www.ergoworkinggroup.org).**