IBEW 2213 NEWSBEAT

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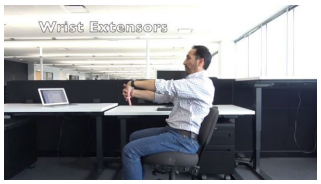
IN SOLIDARITY

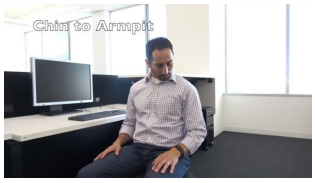
WORK PLACE ACCOMMODATIONS (EVEN AT HOME)

If you need special equipment (sit/stand desk, chair, monitors, etc) you will need to fill out The Work Accommodation Form again. You can get them from the Verizon Homepage once you sign in, search Work Accommodation and follow the directions to submit.

Ergonomics is the study of the way people, their equipment, tools and the environment work together, it helps us work more efficiently and safely in our environment. Certain job functions, such as lifting, typing or even sitting, can cause physical discomfort if not done in an ergonomically correct manner.

Remember to take periodic micro-breaks and learn about stretches you can do right at your workstation to greatly improve your comfort and health...





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