



CONTRACTORS—IS YOUR BODY WEARING OUT?

How is your back? Knees stiff? How about your neck? Does your job demand reaching, bending, stooping, stretching, or twisting? Does it get a little tougher each year?

There is an answer to these physical demands being made on your body. The fancy word is “ergonomics.” This just means that you take a strategic approach to the tasks that you do every day.

Attend our half-day class and learn what you can do to lessen the load on your body. Doing this means you will have more energy and flexibility to do the fun things in your life after the day is done.

Next Class: **Tuesday, July 20, 2010, 8:30—Noon. \$99 pp**
Coffee and donuts included.

Location: **Excellence In Safety Training Center**
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