

Dear Colleagues.

The Health & Safety Team understands that this time of tremendous uncertainty presents unique challenges in terms of how we approach our work.

As more and more staff are working remotely, we would like to provide information on setting up ergonomic workstations. Ergonomics plays an important role in our safety and wellbeing by fitting the task to the worker while reducing discomfort, fatigue, and injury. Having an ergonomic workspace can provide greater focus in day-to-day work activities, and can minimize the risk of a wide range of injuries from eyestrain and carpal tunnel syndrome to persistent neck or back pain.

To learn more about how to set up an ergonomic workstation while working remotely, please read more at [MySelkirk](#).

For all questions and concerns related to ergonomics, please contact the health & safety team at healthandsafety@selkirk.ca

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