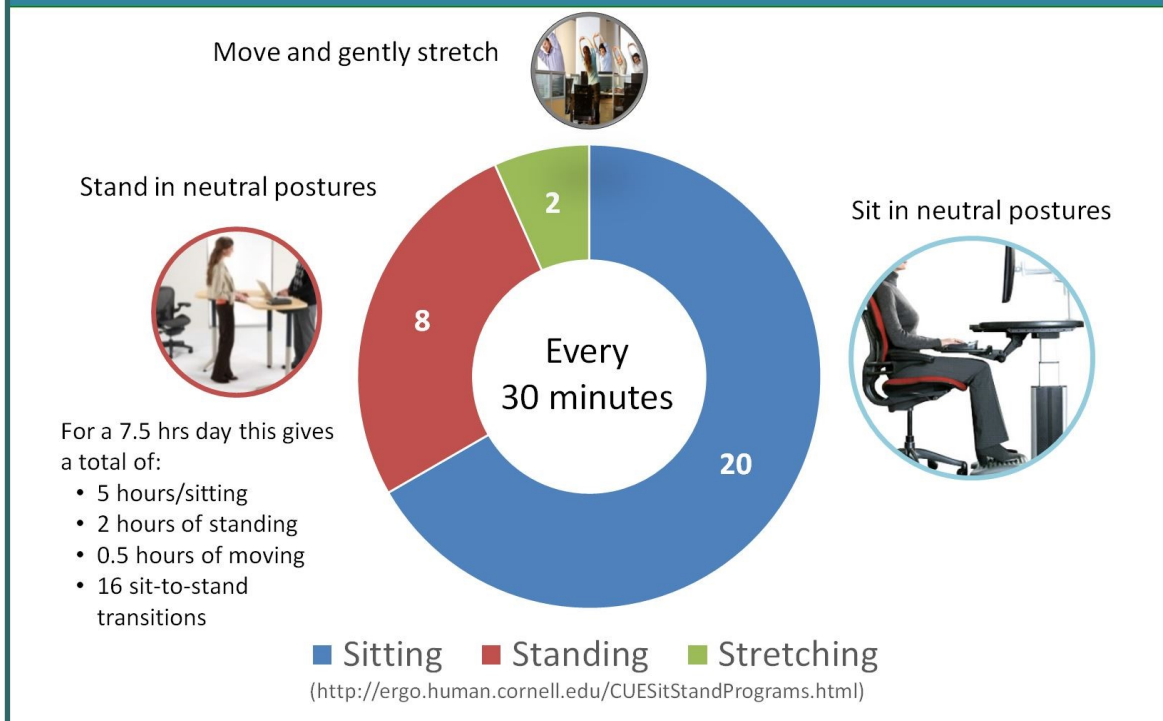


APRIL 2, 2020

TIPS WORKING AT HOME

HEDGE'S 3S's IDEAL WORK PATTERN



Guidelines for working at home to avoid long periods of sitting.
Sit, stand, stretch, the 3 S's.

<http://ergo.human.cornell.edu/CUESitStandPrograms.html>