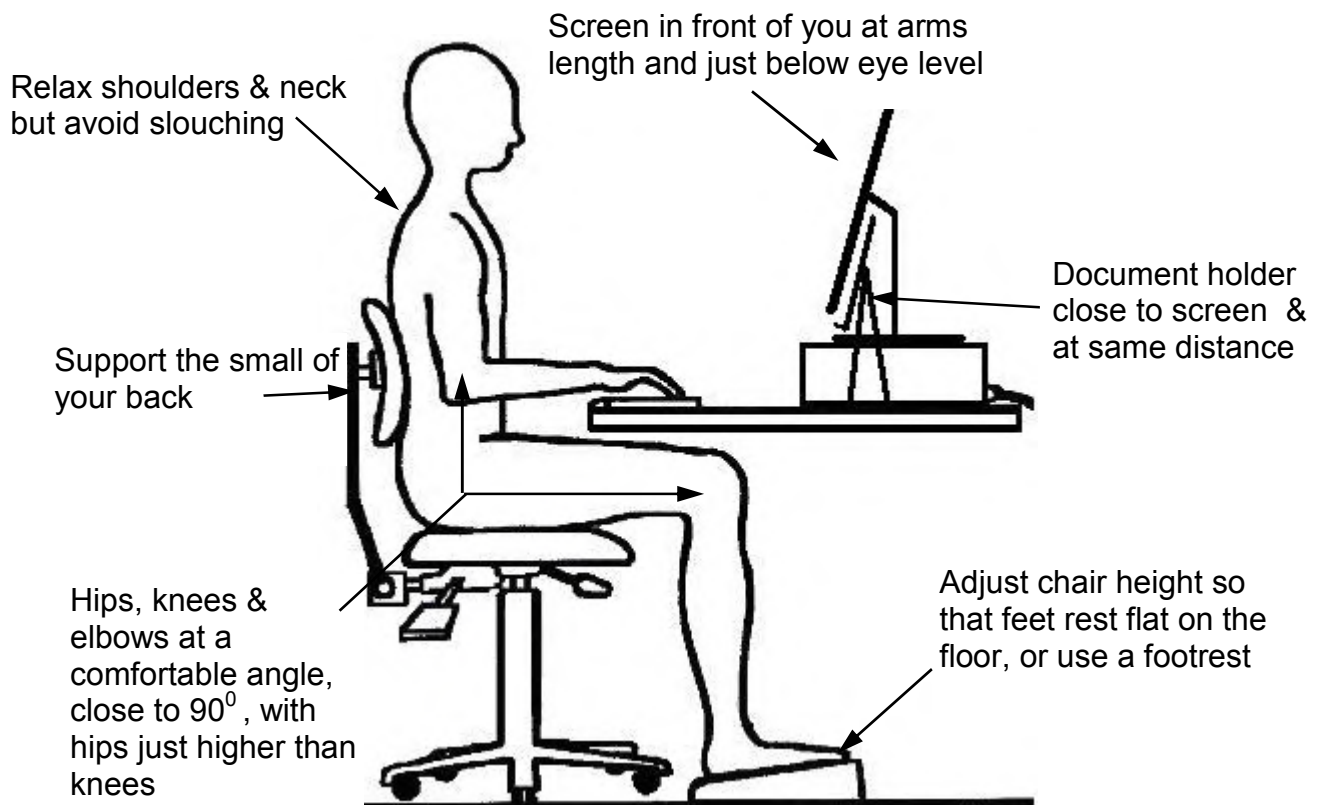




Thank you for choosing Central Performance

Client: _____ First assessment: ____ / ____ / ____

You already work hard enough...



Remember!

- ✓ regularly change postures & take mini-breaks to avoid fatigue & overstrain
- ✓ don't rest elbows, forearms or wrists on hard, sharp edges
- ✓ plan your day to break up sustained or repetitive tasks
- ✓ appropriate exercise as advised by a physiotherapist can help minimise workplace strain, fatigue and injury

...don't stress your spine too!