

Ergonomic Breaks, Rest Periods, and Stretches Fallen Phrases



R I R N H
 E W A O W E B A C P A
 C G A A C E D B F O K S O L S E
 I D R E E R E M U O K E R O R C R E E N I V O F
 A N U U R E D M X I S R H I T G H E S H U R T C T N O P

Answer:

Ergonomic breaks help to increase worker productivity and reduce the occurrence of injuries. Stretches can help you warm up before work and relax during breaks.