

DoD Ergonomics Working Group NEWS



Issue 85, December 2008

www.ergoworkinggroup.org



It's a fact...

An exercise ball should be used for exercise and not as a desk chair.

We have a new fact sheet on exercise balls.

To download and print, go to our Website: www.ergoworkinggroup.org and click on Publications, then Fact Sheets and Fact Sheet 22.

You'll find clear, concise information on:

- Recent research
- Low back pain issues
- Safety concerns
- Exercise balls for exercise
- The best solution for prolonged sitting