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# How Remote Ergonomics Assessments Help Prevent Home Office Injuries

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Today, many companies are considering long-term benefits of work-from-home policies such as increased employee retention, enhanced work/life balance and access to a wider applicant pool. However, it also comes with risks such as carpal tunnel syndrome, tendonitis, back and neck pain, costing employers billions each year.

In this insight paper, Mike Milidonis, national manager of ergonomics and employer services, explains how remote ergo assessments can make a big difference in improving employee health and reducing claims spend.

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