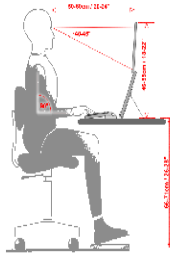


ERGONOMICS—IN A RECESSION?

"Yes!!" (says Janet Quinn, Occupational Therapist with Crowhurst Ergonomics in Northallerton) "The short answer is that ergonomics will save you money! Ergonomics is an approach that looks at (and maximises) the "fit"



between the member of staff, what they are doing for a living, the tools or equipment that they are using, and where they work. When finances are stretched it is the unexpected costs of sickness absence or legal claims that can set your business back. Consider, for example, a delivery driver or a sales rep who may only briefly spend time in an office, but is then predominantly out on the road. They often experience back pain from driving for long periods of time every day. If overnight stays are necessary, they may then work on a laptop for a few hours at the end of the day. Just imagine their posture: sitting to drive, sitting to type, and then

sitting some more to eat their sandwich in the car. That is a lot of sitting in one day. Sitting is not a bad posture, it's just that our backs work best when they are in a variety of postures, standing, sitting, walking around. Around 30 million days are lost in Britain each year due to work-related injury or illness. Early intervention will maximise the potential of a quick and complete recovery. The first step is to identify the cause of the problem and to take steps to address it and prevent reoccurrence. Crowhurst Ergonomics is a Yorkshire-based consultancy who specialise in tackling sickness absence and finding speedy, cost-effective solutions to work-related illness and injury in every area of work. Have a read of the enclosed brochure and give us a call to see how we can help save your business money."

XMAS COMPETITION

During the month of December, up to 23rd December inclusive, every order placed with TLC over £50 (ex VAT) attracts a raffle ticket which will be put into a Grand Draw to be drawn on the 24th December. Prizes include



M&S vouchers and many other soft toy and confectionery prizes. Don't forget—You have to be 'In it to win it!

HOLIDAY ARRANGEMENTS

Our last trading and delivery day before Christmas will be Thursday 24th December We have a break and return to work on Monday 4th January and so first orders will be delivered out to you on Tuesday 5th January 2010. Make sure you plan ahead and DON'T RUN OUT of anything!

TLC GREETINGS

Can we take this opportunity to thank all our customers for their business during 2009 and wish *every one of you* a very 'Peaceful Christmas' and a 'Happy New Year'.

www.tlcbusiness-supplies.co.uk



AND FINALLY...

What do you have in December that you don't have in any other month?

The letter "D" !

tlc for your office