

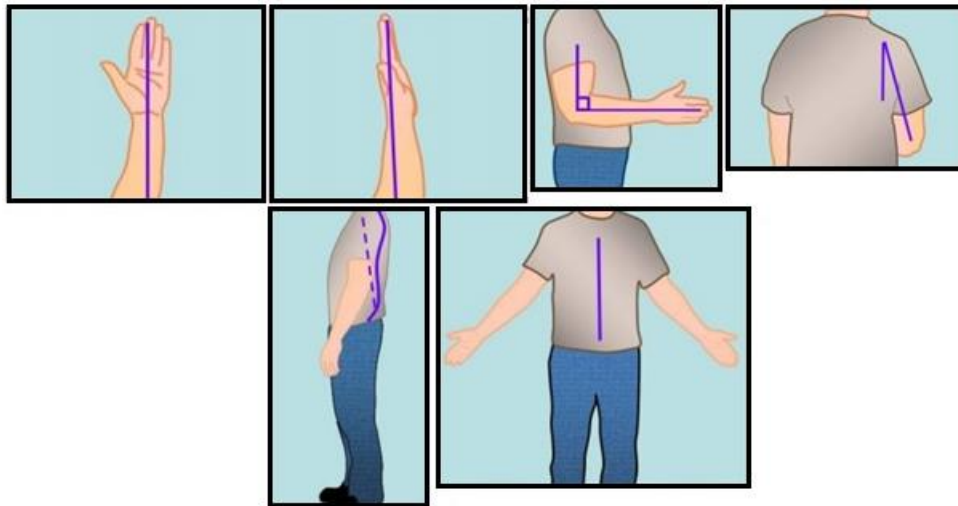
# Ergonomics Update

It's been a long journey, but we're finally back.

A very Special Thank You to our **Core/Pilot/Launch/Kuka Support** teams. Their hard work and feedback have gotten us to where we are today!

As you walk the Plant floor and start to learn your areas, please take a few minutes to remember some key Ergonomic points of interest:

- Maintain a neutral posture
- Keep work as close to your body as possible
- Avoid twisting your torso, especially while carrying a load
- When using a lift assist, be sure to square yourself to the load



As always, if you have any concerns, don't hesitate to Raise your Hand and Speak Up.

My contact info below and is always available on Unifor88.ca

Be Safe and Welcome Back Team!

In Solidarity,

*Alan Grace*

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