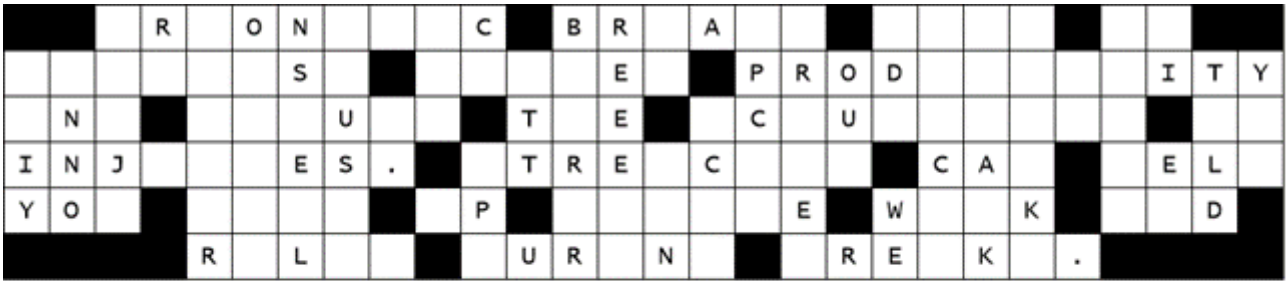
Ergonomic Breaks, Rest Periods, and Stretches Fallen Phrases





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.