

ERGO DIY

DO IT FOR YOUR HEALTH

CATEGORY: **VDU USER**



NECK PAIN?



NECK PAIN SOLUTION



Create Your Own
DOCUMENT HOLDER

- ✓ improve view ability and accessibility to documents
- ✓ help to ensure proper posture
- ✓ less awkward position
- ✓ reduce overextension from placing documents

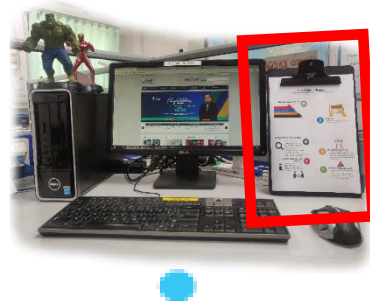
STEP 01

STEP 02

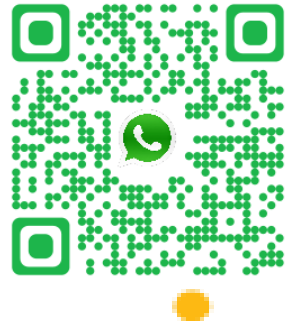
STEP 03



Paper Foldback Clip
Clipboard
Old Calendar



Place your document holder next to your monitor



Take a picture of your improved workstation & Send it to OSHMO
011-2191 5489

Prize

Limited Edition
OSHMO
Reusable
Straw



Always remember to get up from the desk & **move regularly** at least every hour



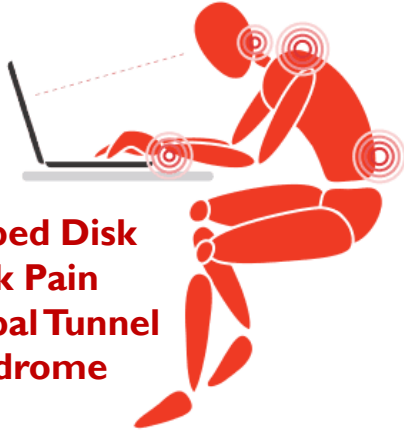
ERGO DIY

DO IT FOR YOUR HEALTH

CATEGORY: **LAPTOP USER**



LAPTOP PAIN?

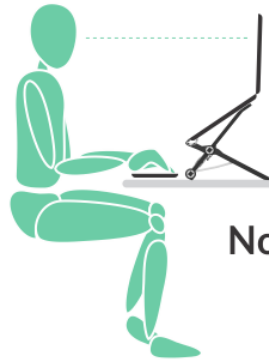


- Slipped Disk
- Neck Pain
- Carpal Tunnel Syndrome

LAPTOP PAIN SOLUTION



Create Your Own
LAPTOP STAND



- ✓ Raise up laptop
- ✓ Eye-level Screen
- ✓ External Keyboard + Mouse

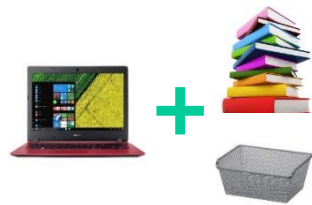
No More Laptop Pain ✓

STEP
01

STEP
02

STEP
03

STEP
04



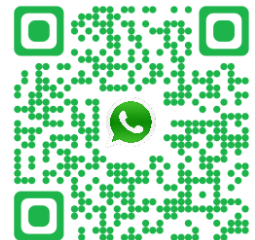
Raise up your laptop to eye level using your own creativity



Provide external keyboard & mouse



Take a picture of your improved workstation



Send it to OSHMO via WhatsApp 011-2191 5489

Prize

Limited Edition OSHMO Reusable Straw



Always remember to get up from the desk & **move regularly** at least every hour

