

FEELING A BIT OFF?

A work station that doesn't work is enough to make anyone grumpy. So take a moment to take care of yourself. Adjust your work station to support your back, neck and wrists.

Make yourself comfortable. Or you'll upset Mr. Wiggles. And no one wants that.

Take Care



AMGEN[®]

SOMETHING NOT QUITE RIGHT?

Attention to detail matters. Especially with your workstation. So take a moment to take care of yourself. Adjust your work station to support your back, neck and wrists.

Good posture is good for you. And your health is worth a second look.

Take Care



AMGEN®



GET ON UP.

Take five minutes every hour to put yourself in motion.

Studies show that adding a simple five-minute movement break to your routine improves physical and mental health.

So take time to take care. Stand up. Stretch. Go for a walk. (Dancing is optional.)

Take Care



Walk Safely



Drive Safely



Work Safely

AMGEN®



NEED SOME HELP?

Feeling pain or discomfort at your work station?

Take a moment to take care of yourself. Report any issues to Amgen Occupational Health – the sooner the better. Before a little pain becomes a big problem.

Take Care



AMGEN[®]



FORGOT TO LOOK.

Take care when driving in Amgen lots and garages. Watch for cars, people and construction. Slow down. Stay alert. And leave your phone alone. You never know what's coming your way.

Take Care



Walk Safely



Drive Safely



Work Safely

AMGEN®



BETWEEN THE LINES.

Take care when driving in Amgen lots and garages. Slow down. Use your directionals. And watch for pedestrians. Because there's more to parking lot safety than staying between the lines.

Take Care



AMGEN[®]

DON'T LOOK DOWN.

Take care when walking in Amgen lots and garages. Stay alert. Keep your head up. And watch for distracted drivers. Just because you see them, doesn't mean they see you. Even if your outfit is hard to forget.

Take Care



AMGEN[®]



WHAT GOES UP.

Take care walking down stairs. Use the handrail. Don't rush. Pay attention to your footing, not your phone. It only takes a second to miss a step. And what goes up must come down.

Take Care



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