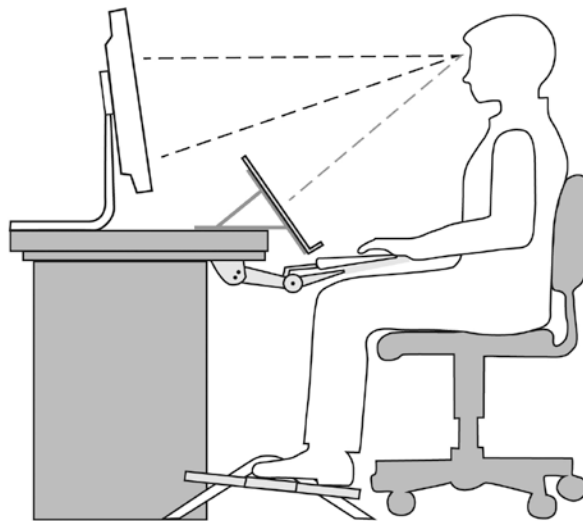




10 TIPS FOR HEALTHY COMPUTER POSTURE



1. Feet flat on the floor (or footrest if feet don't reach).
2. Hips and knees at a right angle or hips slightly higher than knees.
3. Arms close to your side with or without armrest support.
4. Elbows flexed to approximately 90 degrees.
5. Keyboard under neutral wrists with fingertips floating over keys.
6. Easy reach to mouse.
7. Back well supported.
8. Head looking straight ahead.
9. Monitor at eye level and at least arms length distance for visual comfort.
10. Documents in-line between monitor and keyboard.