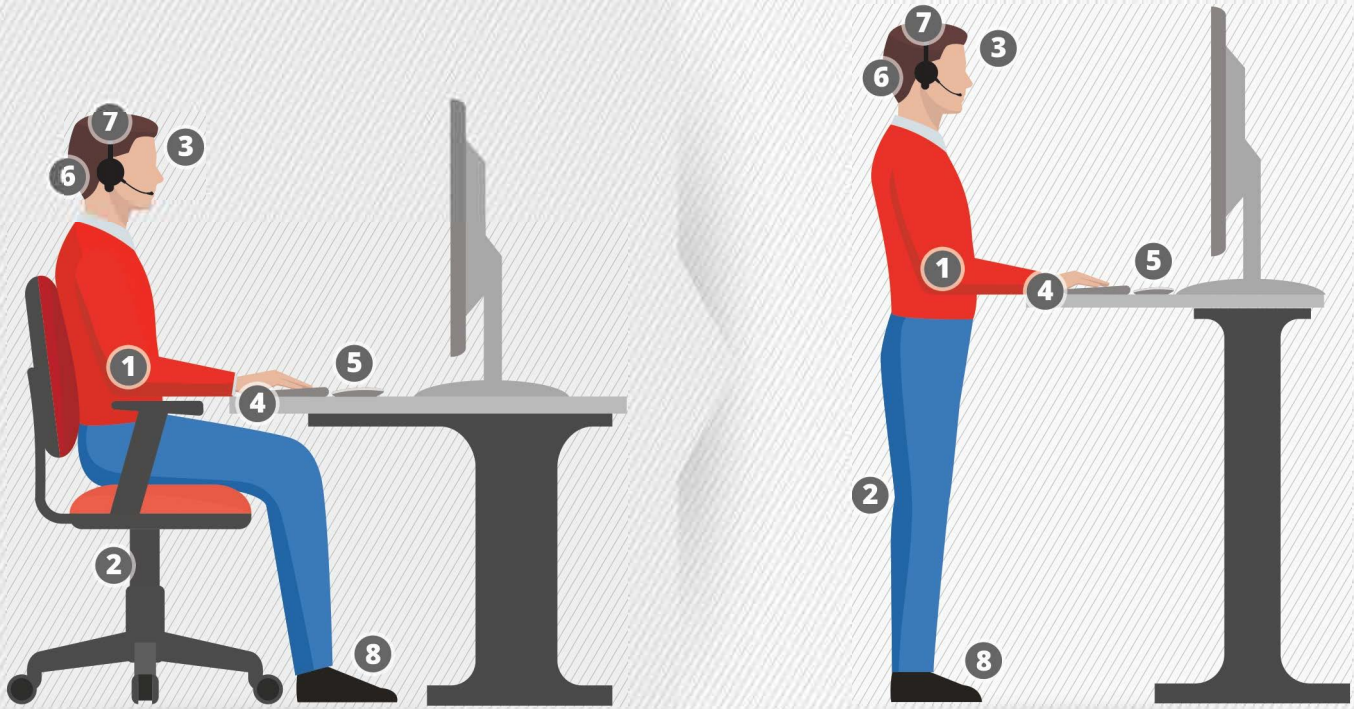


IT'S YOUR DESK. ADJUST IT!



1 Elbows

At sides approximately 90 degree bend.

2 Chair Height

Hips approximately 90 degrees, feet flat on the floor.

3 Eyes

Level with top 1/3 of screen. 18"- 34"

4 Keyboard

Same height as elbows. Key gently.

5 Mouse

Adjacent to and at same height as keyboard.

6 Head

Head back, chin tucked, ears, shoulder, hips aligned.

7 Phone

Use a headset!

8 Feet

Feet flat on the floor or a footrest.

**REMEMBER TO TAKE FREQUENT
MOVEMENT OR STANDING BREAKS!**