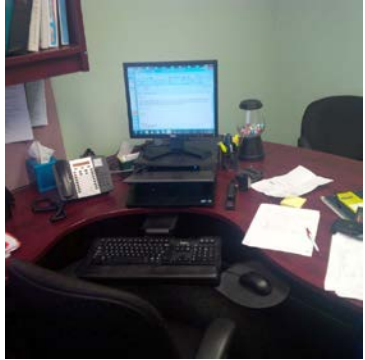
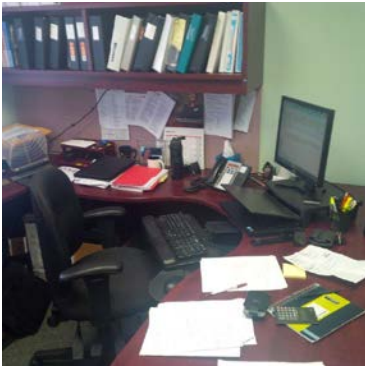
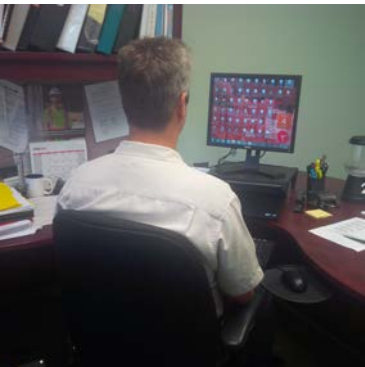
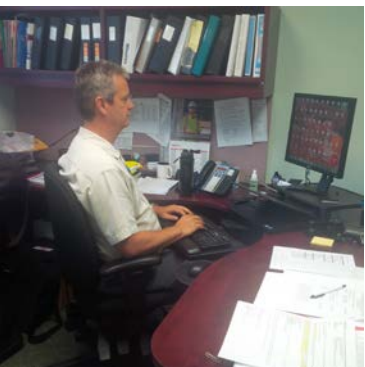


Proper Ergonomic Setup and sample pictures of workstation

	<ul style="list-style-type: none">• Monitor is just beyond your reach when you stretch your arm out directly in front (45 to 60 cm).• The monitor should be directly in front of you, aligned with the area of the keyboard that you use most.• Mouse should be easy to reach.• Raise/lower keyboard height during keyboarding so that your arm positions are relaxed.• Place phone so that it is easy to reach
	<ul style="list-style-type: none">• Place frequently used binders on desk.• Arrange cabinets to minimize body twisting• Remove clutter under desk.• Arrange desktop surface for adequate space.
	<ul style="list-style-type: none">• Adequate back support• Upper torso relaxed against chair back• Adjust the back rest to support the small of the back and provide firm support
	<ul style="list-style-type: none">• Adjust the seat height so upper arms are vertically, elbows bent at about 90 degrees, shoulders relaxed and wrists fairly straight• Desk height is equal to seated elbow height• Head neutral posture• Eyes looking forward