



Avoid injuries



Follow these steps when working at your computer

1 HEAD
Upright and ears aligned with shoulders

2 ELBOWS
90 degrees and under your shoulders

3 SHOULDERS
Relaxed

4 WRISTS
90 degrees aligned with forearms

5 HIPS AND KNEES
90 degrees when seated

TAKE BREAKS
Keep an eye on the time

MONITOR HEIGHT
Eyes looking at the top third of screen

