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