

P R E V E N T

Pain & Injury

Place *keyboard*
and mouse
directly
in front
of user.



Position
monitor
directly in
front of user
at an arm's
length away.

Encourage
user *movement*
and position
changes
throughout
the day.

Sit so the backrest
supports the lower
back, feet are flat
on the ground and
the front of the seat
isn't pressing on the
back of the knees.

Keep forearms, wrists and hands
relaxed with elbows and forearms
working at a 90- to 120-degree angle.

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