

# Ergonomic Helpful Hints

For your perfect workstation setup



Arms relaxed by your side



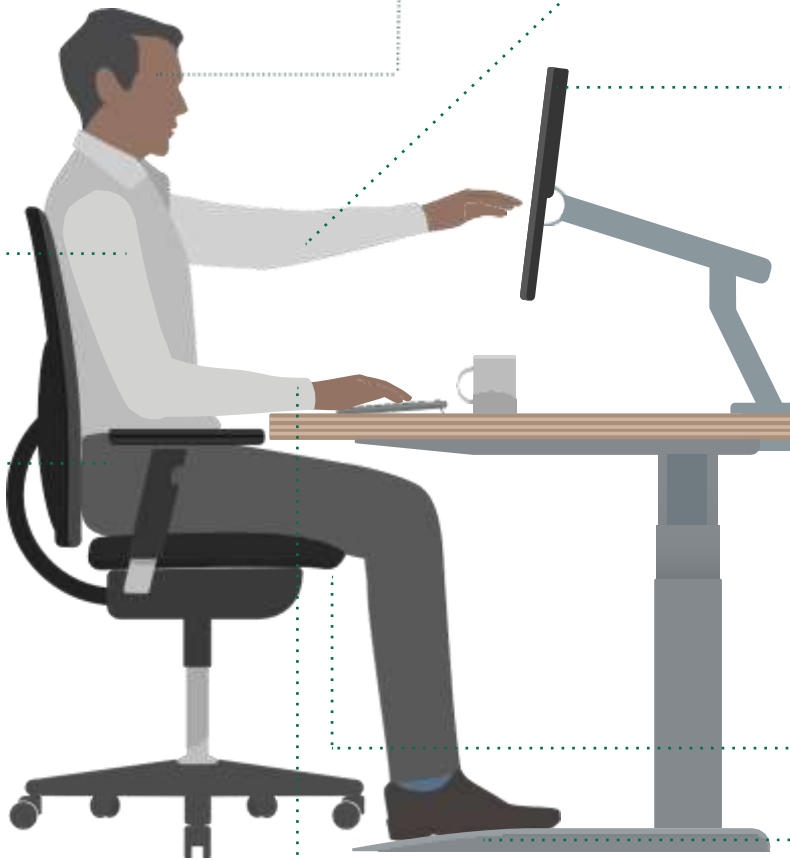
Balanced head, not leaning forward



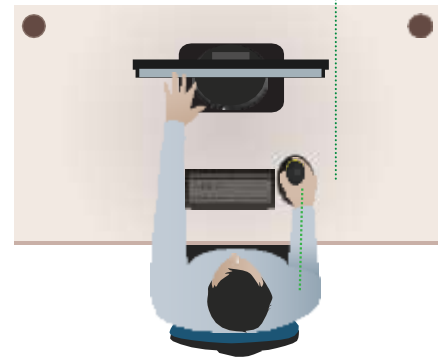
Screen approximately arm's length from you



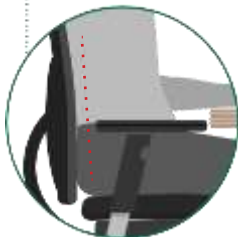
Top of screen about eye level



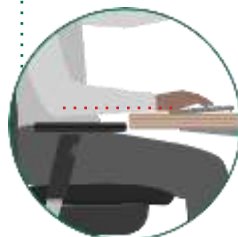
Keep keyboard & mouse in front of you, avoiding harmful reaches.



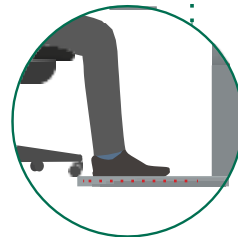
Sit back in chair ensuring good back support



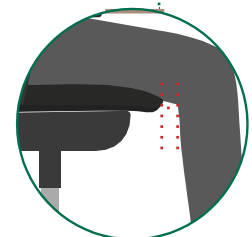
Forearms parallel to desk



Feet flat on floor or on a foot rest



Space behind knee



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