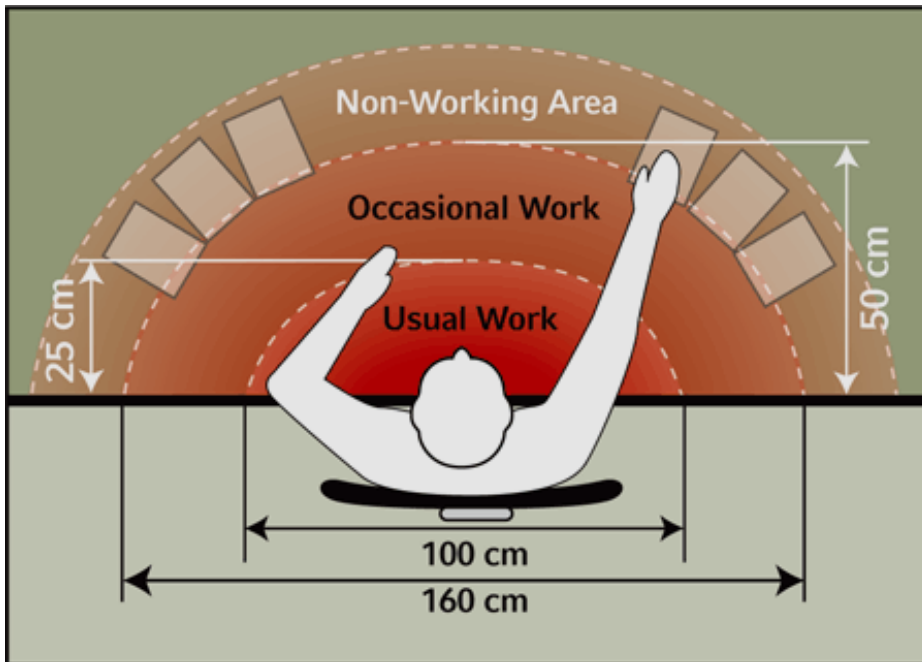
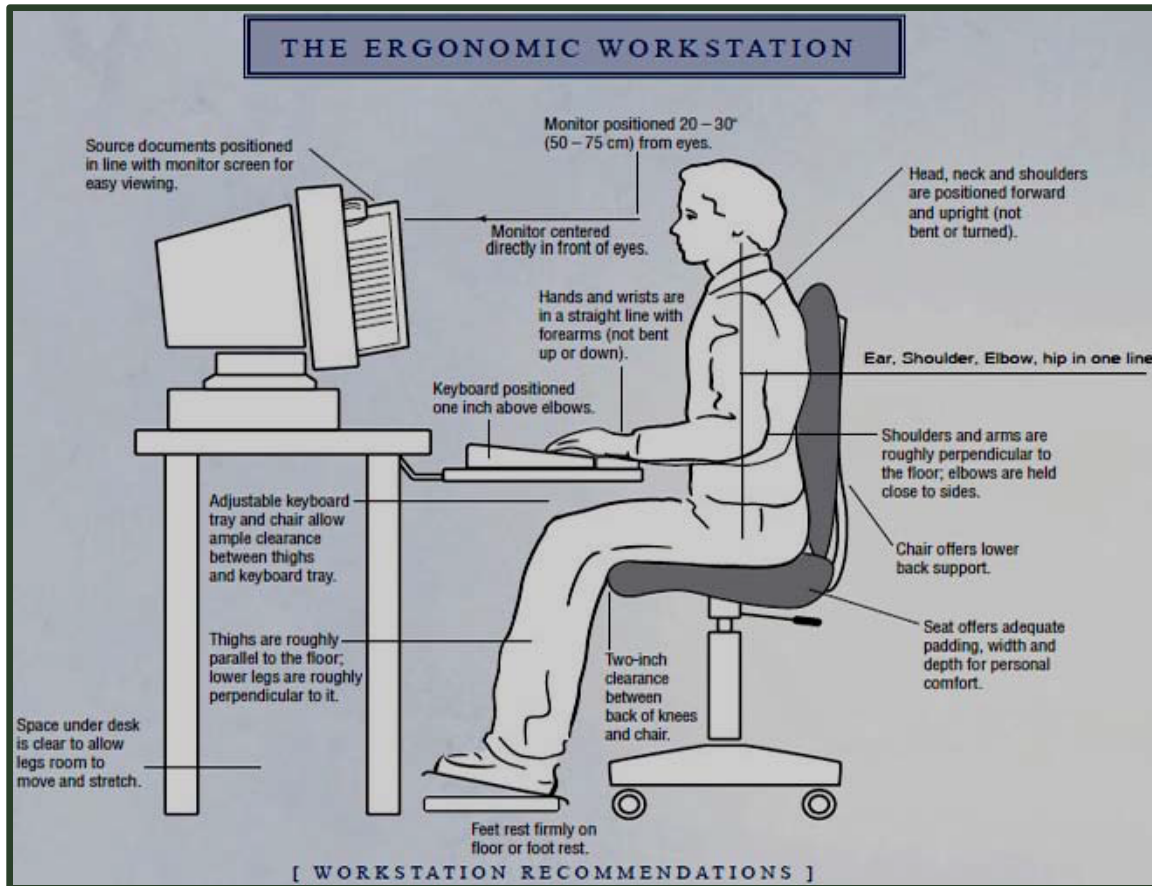


Workstation Ergonomics



Follow these simple guidelines to improve sitting posture and help minimize neck and back pain. For prolonged computer use, the chair should have armrests. Keep arms at your sides with your elbows at 90 degrees.

Avoid excessive reaching by bringing frequently used objects closer to you. Keep your improved posture all day.