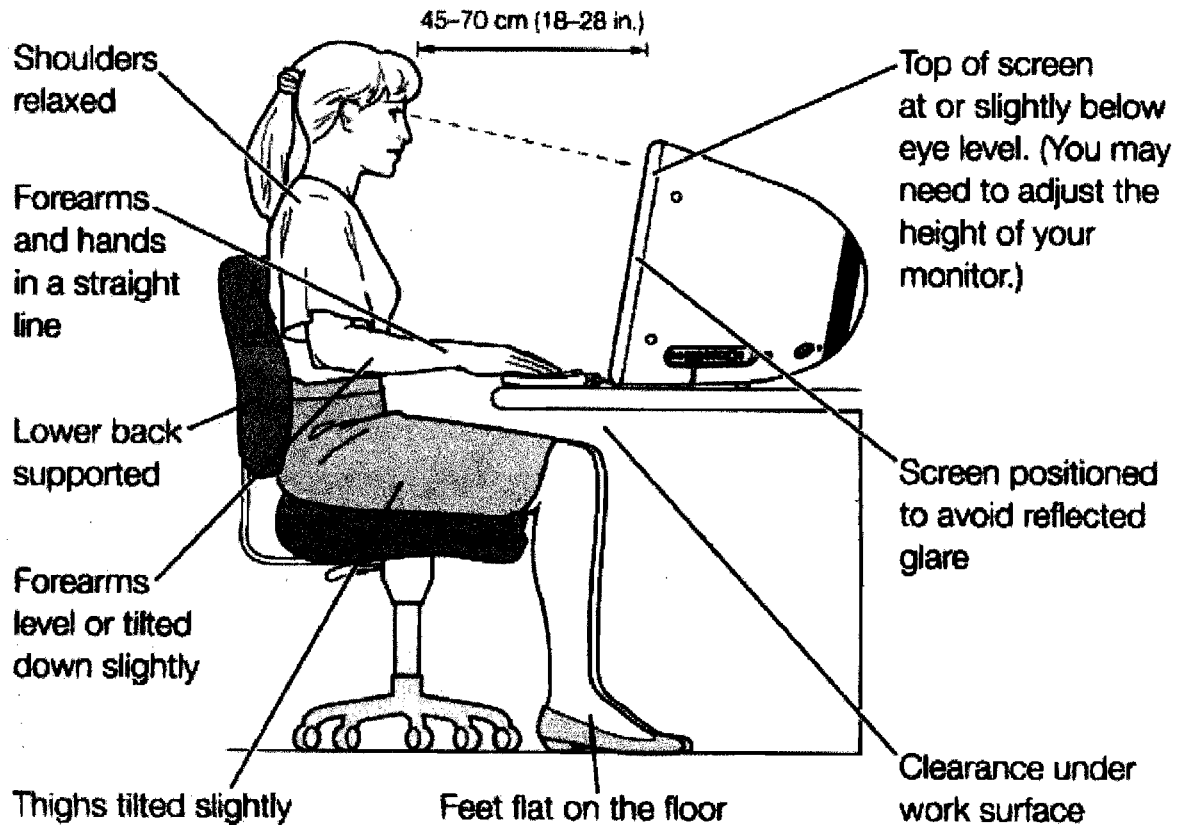


# PROPER COMPUTER POSTURE



## ADDITIONAL HINTS:

- Monitor should actually be a bit higher than in this picture (eye level so not looking down)
- Use a headset if you are on the phone a lot
- Take frequent short breaks to stand and stretch tight muscles
- Mouse should also be kept low and close so you are no reaching for it