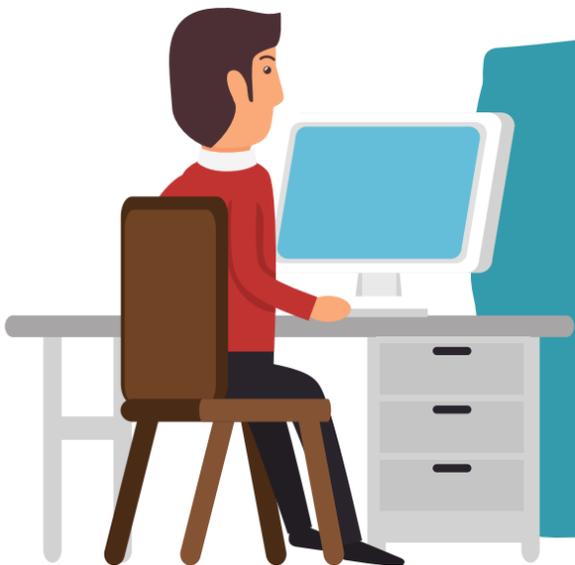


# CREATING AN ERGONOMIC WORKSPACE

Adaptive tasks, workstations and tools to fit the worker can help the physical stress on the body.



## DESK

It can be a standing or sitting desk. If standing have a chair close by to use as needed. Be sure to take a stretch break every 30-60 minutes

## CHAIR

Adjust the chair for correct height and to allow for a 90-degree angle of elbow support. Move the chair under the desk to avoid leaning over your work to maintain the 3 natural curves of the spine.

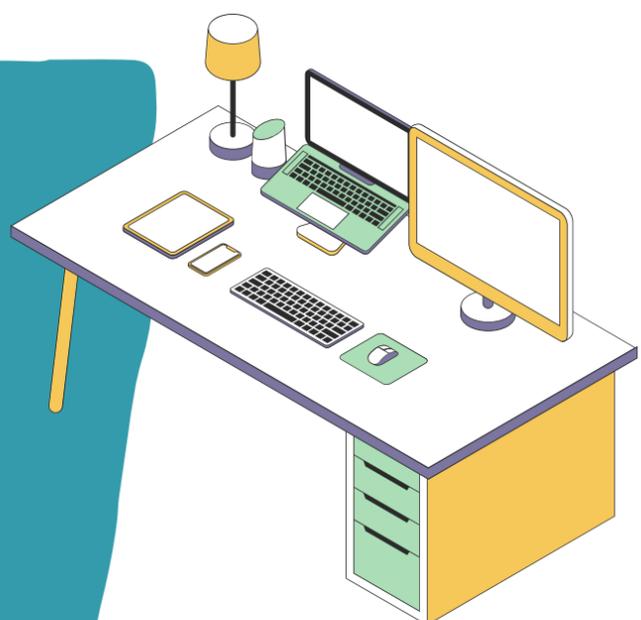


## MONITOR

The monitor should be eye level and directly in front of you when seated. Be sure it is at an arm's length distance when sitting back in your chair.

## OTHER ITEMS

Arrange the workstation so that you can easily reach all frequently used items without twisting, bending, or excessive reaching.



"An ounce of prevention is worth a pound of cure"  
-Benjamin Franklin