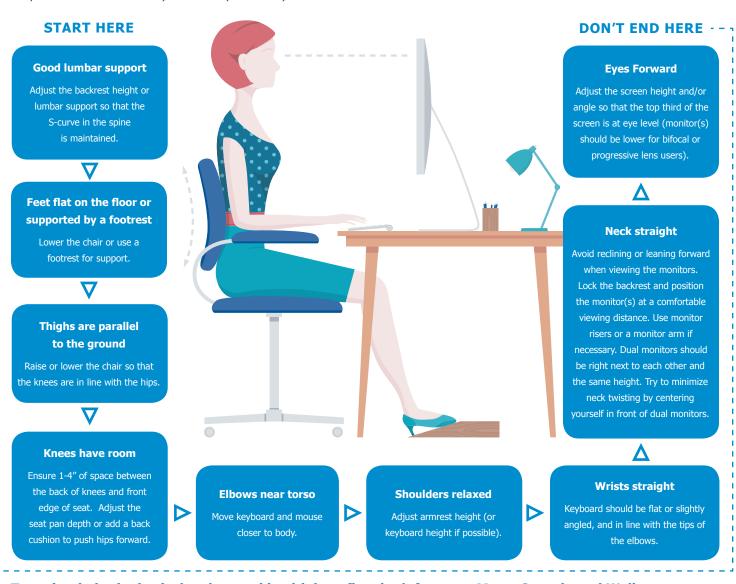
OFFICE ERGONOMICS

SEATED POSTURE FOR COMPUTER WORK



Setting up your chair and workstation correctly is the best way to improve your comfort, productivity, and overall well-being. It's also the best way to prevent the development of office work-related musculoskeletal disorders. Follow the road map below to make sure you're setup correctly.



To maintain both physical and mental health benefits, don't forget to Move, Stretch, and Walk every 30 minutes.







You can do this while at your desk, in a meeting, on the phone, getting a drink, at lunch, on a break, or any time when you're not keying.