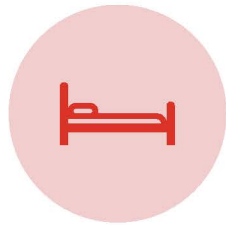


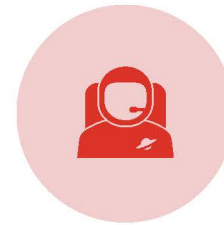
5 tips for good ergonomic practice and health while working remotely.



DON'T WORK FROM
YOUR BED OR
COUCH.



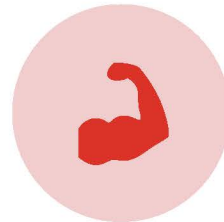
USE EVERYDAY ITEMS
TO HELP SETUP YOUR
WORK SPACE.



BE CONSISTENT WITH
YOUR WORK SPACE.



TAKE BREAKS AND
CHANGE POSTURE.



STRETCH.

HOME WORKSTATION ERGONOMICS

X No back support

X Elbows stretched too far

X No document holder

X Eye strain



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HOME WORKSTATION ERGONOMICS

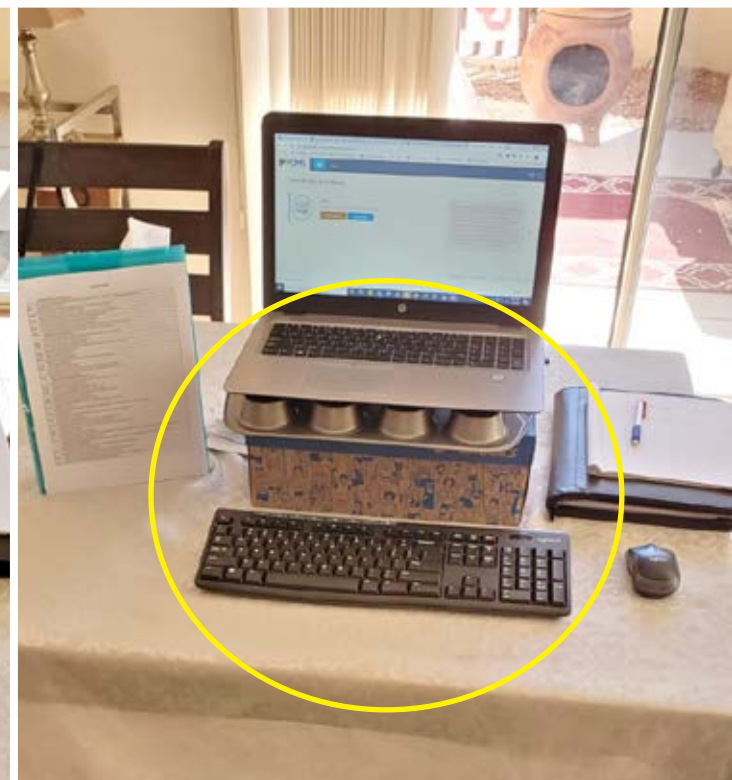
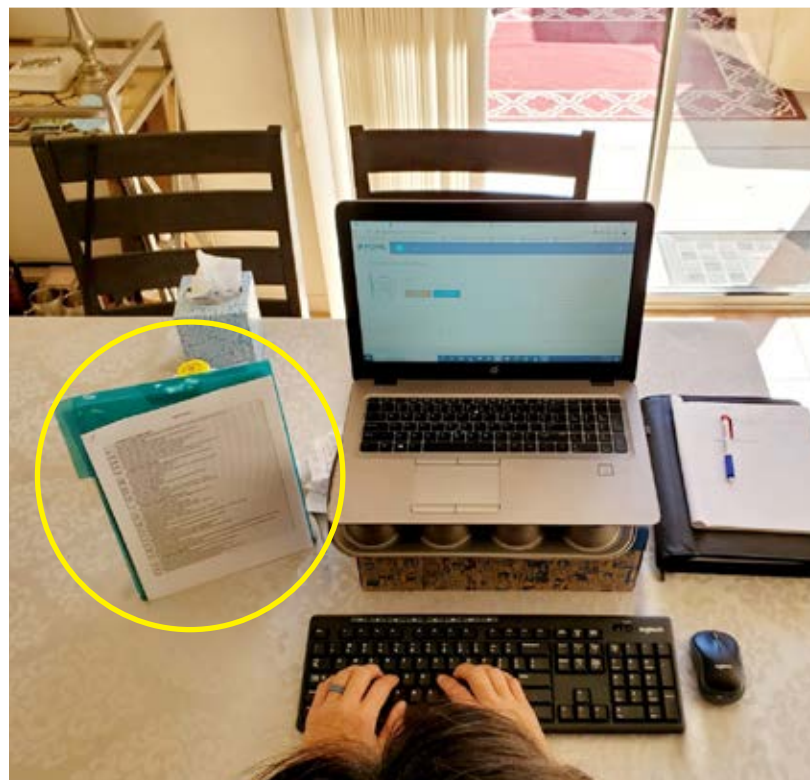
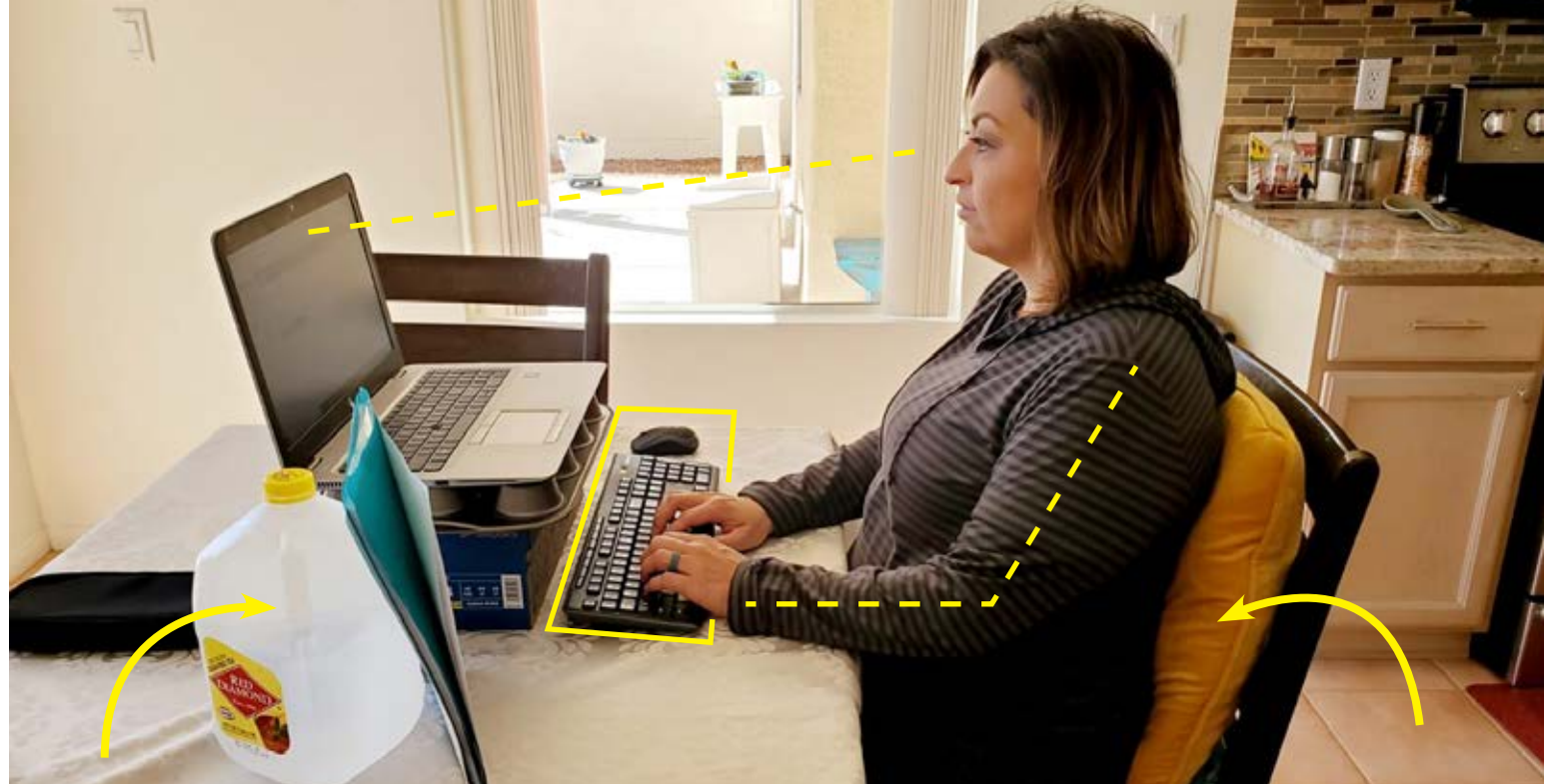
✓ Top of monitor at eye level or just below

✓ Backrest supporting lower back

✓ Elbows close to body and angled at 90-120 degrees

✓ Document holder

✓ Get creative with every-day household items!



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