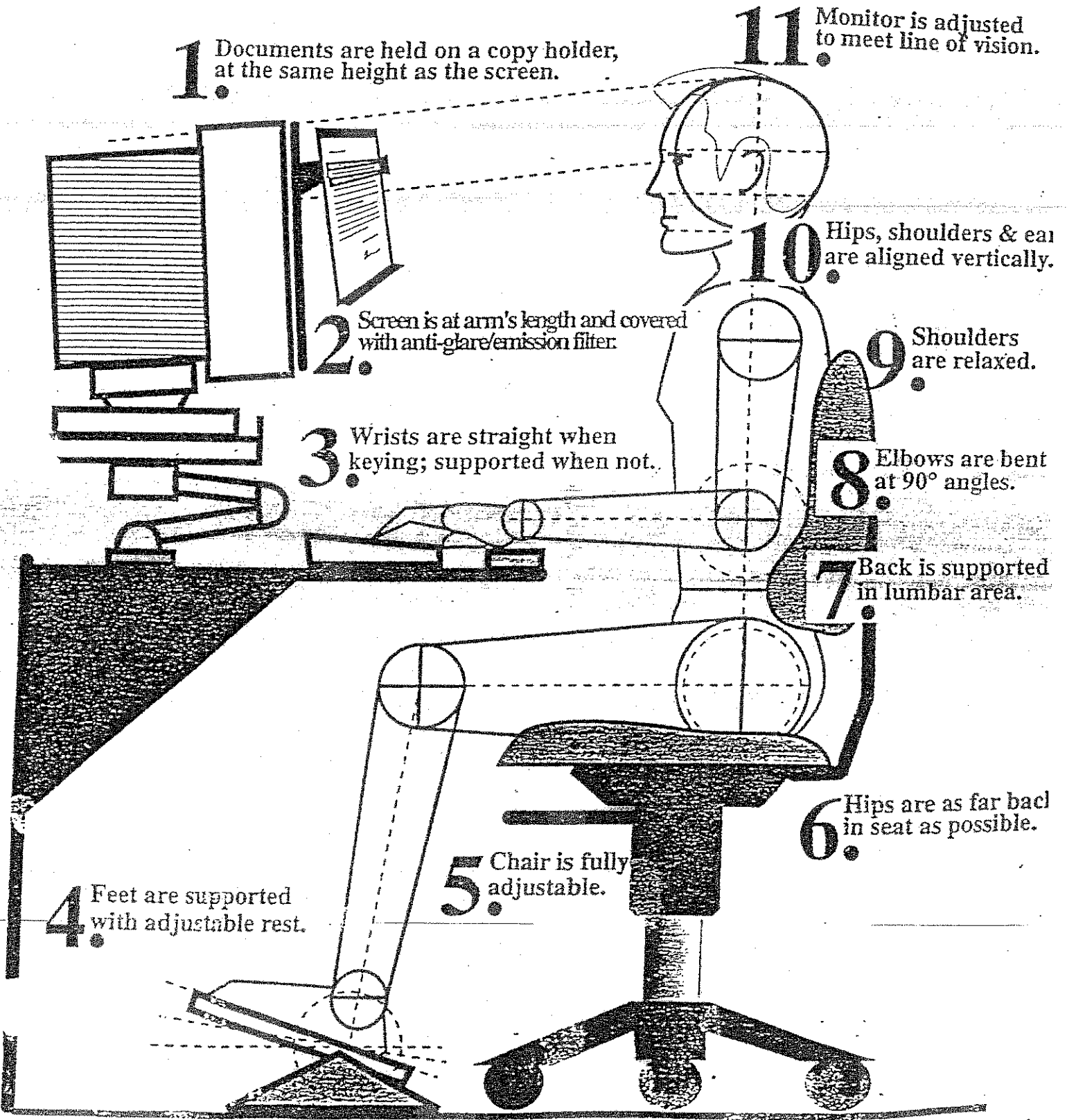
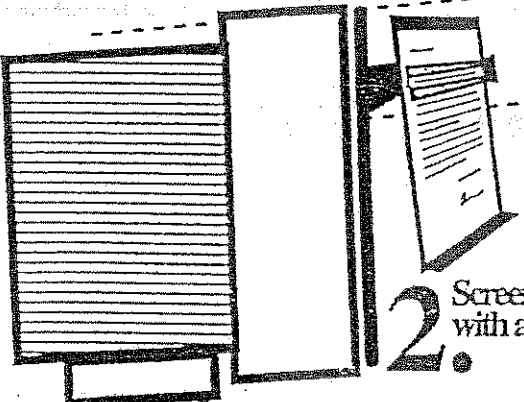


The Ergonomic Workstation...



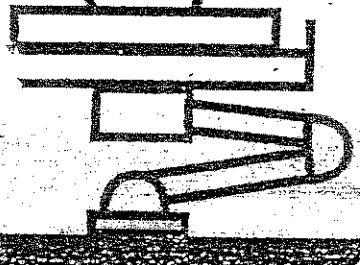
1. Documents are held on a copy holder, at the same height as the screen.

11. Monitor is adjusted to meet line of vision.



2. Screen is at arm's length and covered with anti-glare/emission filter.

10. Hips, shoulders & ears are aligned vertically.



3. Wrists are straight when keying; supported when not.

9. Shoulders are relaxed.

8. Elbows are bent at 90° angles.

7. Back is supported in lumbar area.

4. Feet are supported with adjustable rest.

5. Chair is fully adjustable.

6. Hips are as far back in seat as possible.