

WORKSTATION SETUP

FOLLOW THESE STEPS FOR OPTIMAL WORKSTATION SET-UP.



KEYBOARD AND MOUSE:

1. Keyboard and Mouse should be at same level.
2. Mouse should be close to the body.

REST AND EXERCISE

1. Take regular 5-10 second rests to give muscles a break.
2. Get up from your chair every 45 minutes or so, and change posture.
3. Do some regular stretches of any body parts that are getting tired.