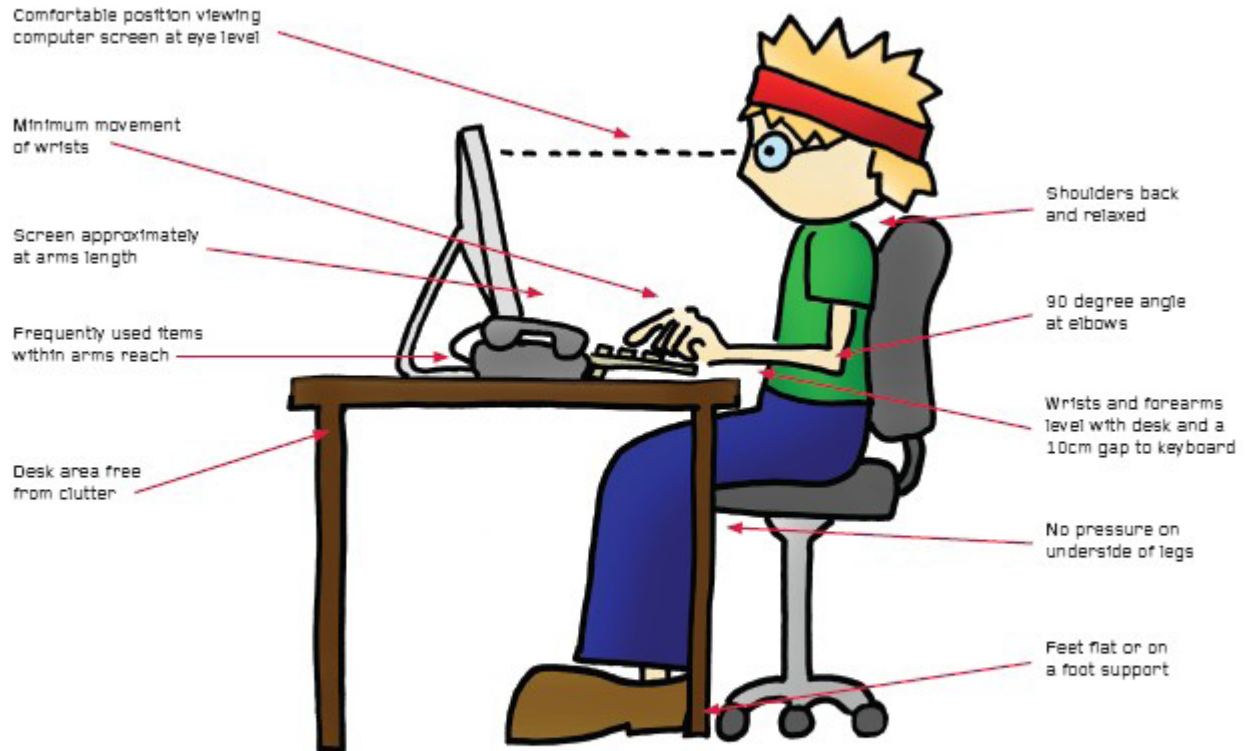


WORKSTATION POSTURE

When sat at a computer for long periods of time, neck and shoulder stiffness and occasionally low back pain can become a problem. Compare your posture with the illustration below.



Notice the arms and legs are at 90 degree angles to the body, and the wrists extend in a straight line from elbows through to finger tips. This will help prevent injury to the hands and arms.

Try to ensure you make adjustments to your work station ergonomics so to comply with these recommendations. Also be sure to stretch at least every hour or whenever you feel stiff.