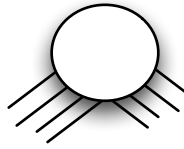


Avoid glare,
direct and indirect



Position display
about arm's length and
with line of sight shown

Shoulders relaxed

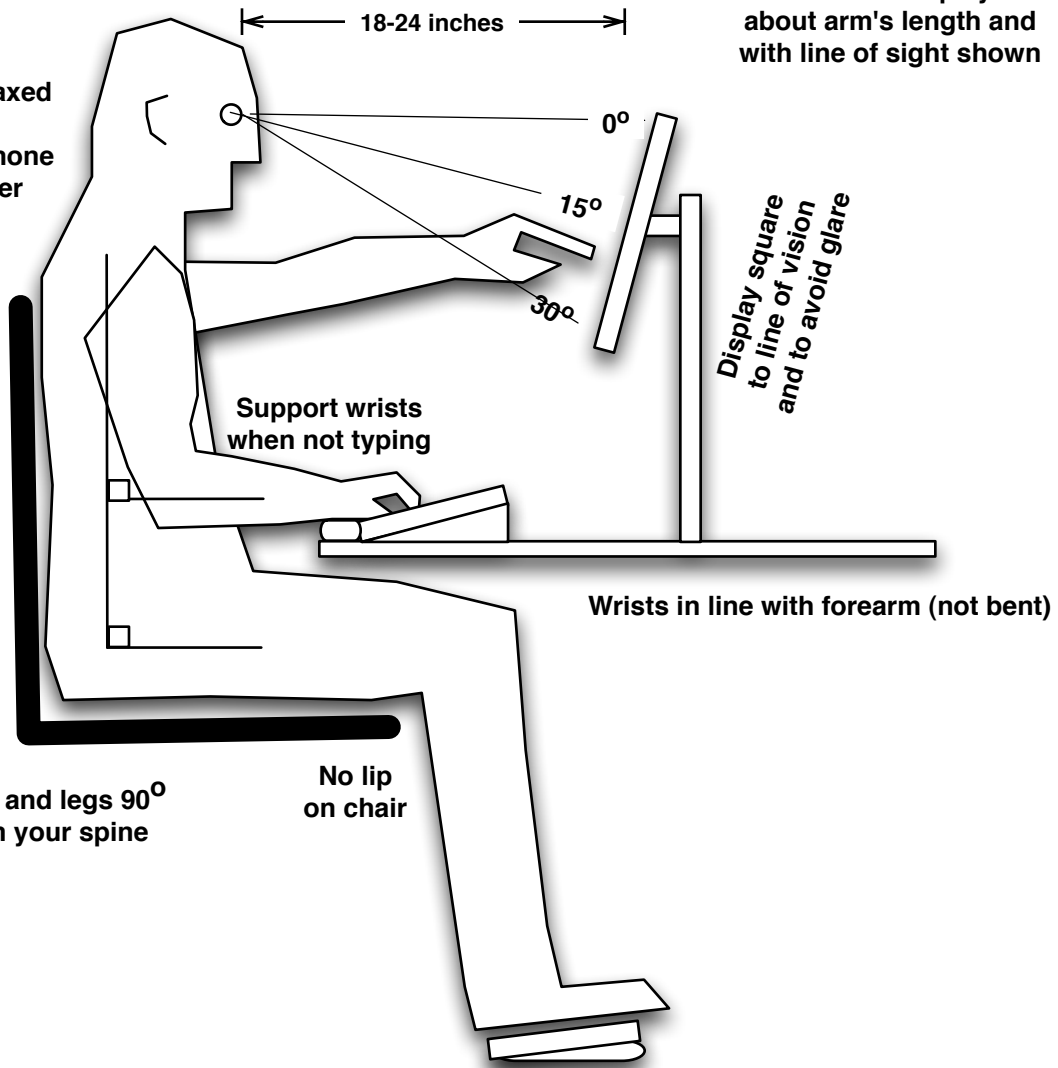
Do not hold phone
with shoulder

Good chair without pressure points on
back of thighs and lumbar support

Arms and legs 90°
from your spine

No lip
on chair

Feet flat on floor or supported



Support wrists
when not typing

Display square
to line of vision
and to avoid glare

Wrists in line with forearm (not bent)