

# HOME WORKSTATION ERGONOMICS

**X** No back support

**X** Elbows stretched too far

**X** No document holder

**X** Eye strain



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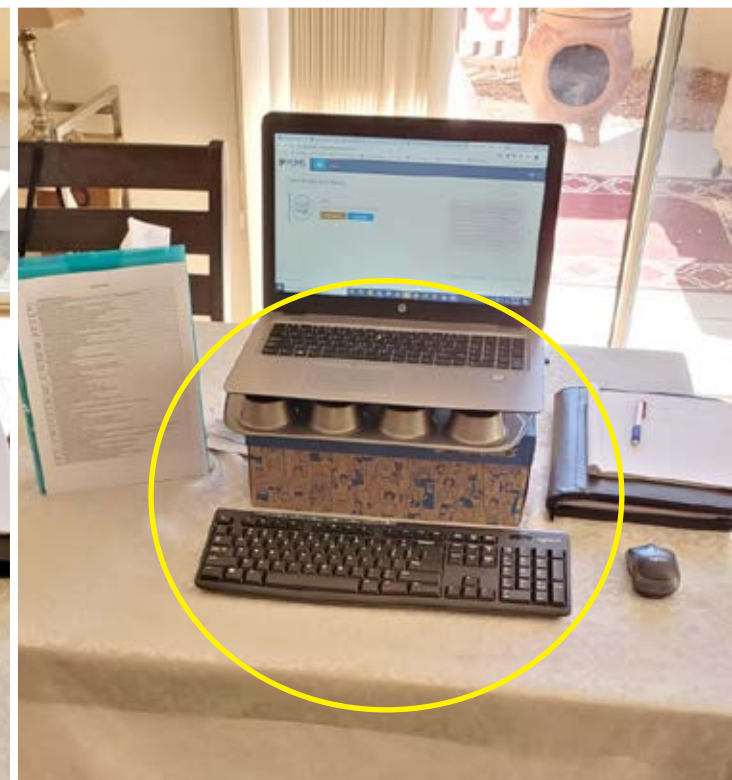
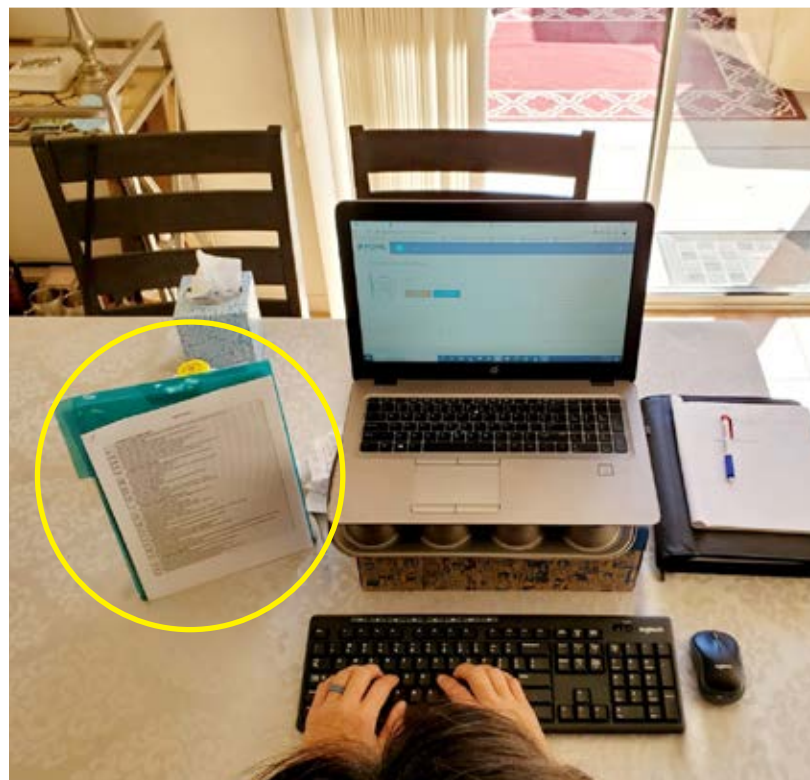
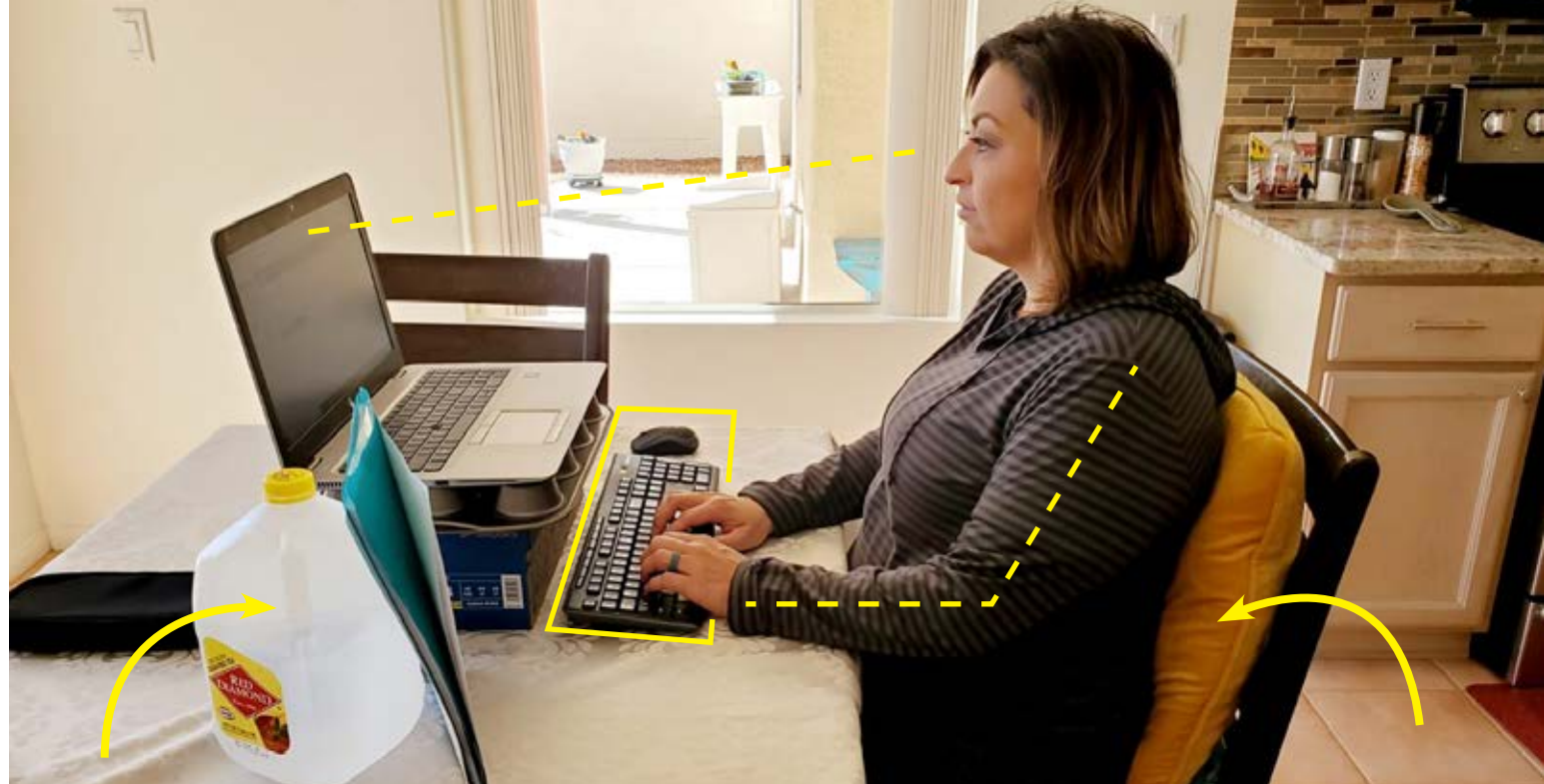
✓ Top of monitor at eye level or just below

✓ 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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