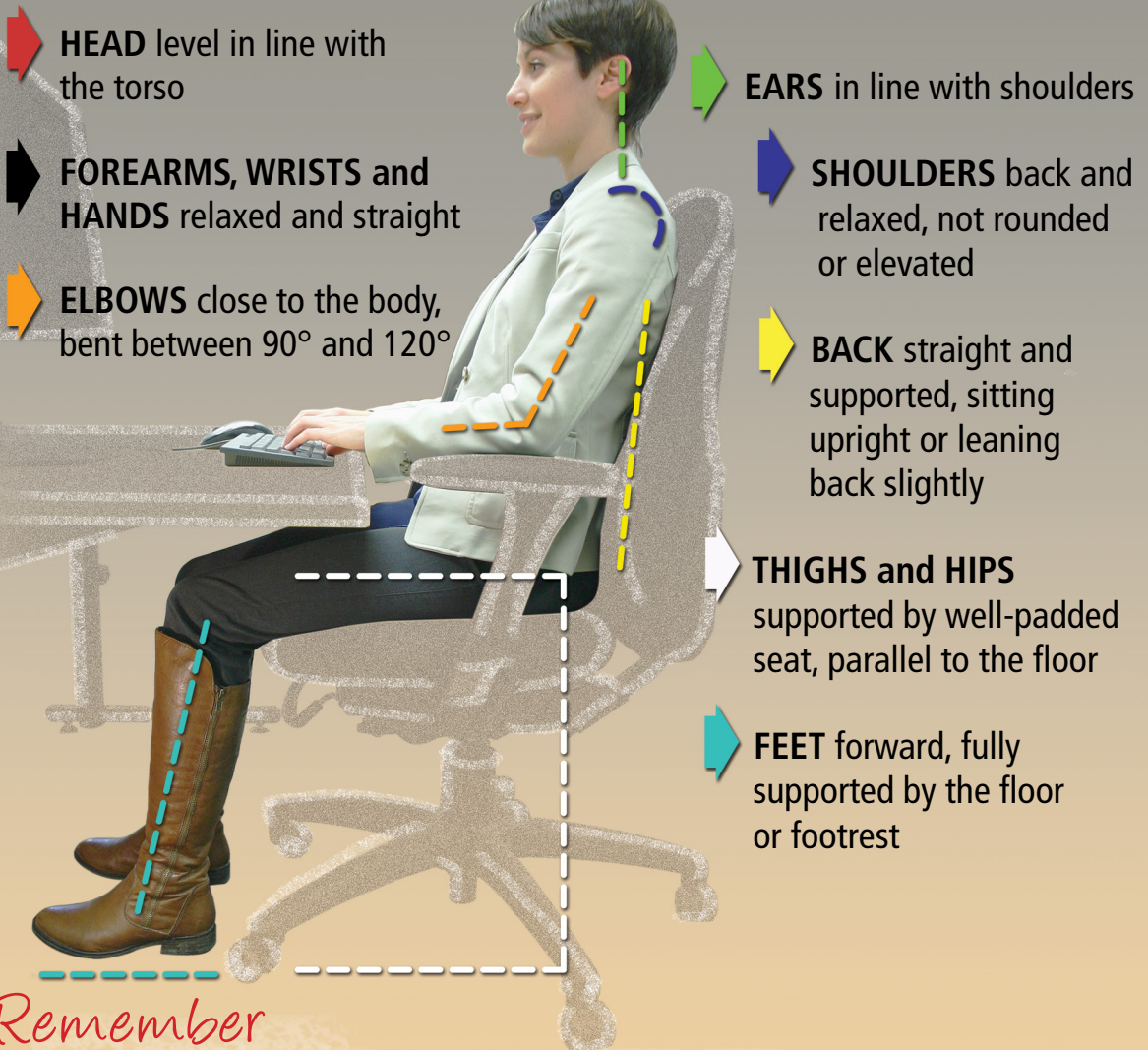


POSITION

for

Safety and Comfort



WHEN KEYING, float your hands over the keyboard, and use palm rests between bursts of keying.

WHEN MOUSING, keep your wrists straight, and use the elbow to pivot.

ADJUST your chair to fit you, if possible.

CHANGE your working position often throughout the day, stretching your fingers, hands, arms, and torso, and by standing and walking around for a few minutes periodically.