

Healthy Computer Work Habits

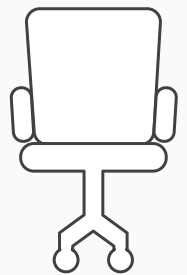
Environment

Work in a part of your house that's quiet, bright, well ventilated, and temperature controlled.



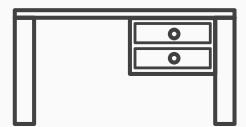
Chair

Invest in a quality adjustable chair. Put your feet on the floor or on a stool. Relax your shoulders.



Desk

Use a desk that's the right height for your chair. Put your keyboard and mouse within reach.



Screen

Raise your screen and avoid direct glare from lights/windows. Consider anti-reflective glasses.



Breaks

Stretch and look away from your computer regularly. Break every hour for at least 5 minutes.

