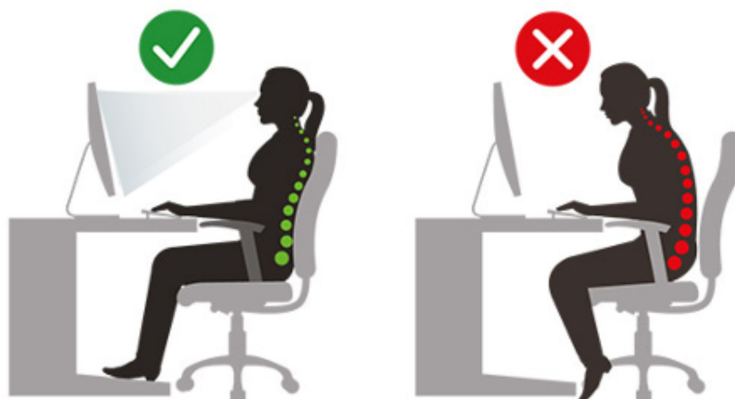


4 TIPS FOR EVERYDAY POSTURE



- 1 Monitor Placement:**
Position the monitor directly in front of you, about 20-26 inches away (your arms' length).
- 2 Screen Height:**
The top of the viewing screen should be at eye level when you are sitting in a tall, upright posture. Bifocal wearers may need to lower the screen a few inches.
- 3 Chair Height:**
Adjust the chair so that hips and elbows are at a 90 degree angle. Your feet must be on the floor (or on a footrest) and your wrists should be straight.
- 4 Reading:**
When reading put a big pillow under your arms, bringing the book to eye level.