



WORK IN THE RIGHT POSITION AND AVOID PAINFUL CONDITIONS!

Keyboard: Place your keyboard so that your arms are parallel to your thighs. If your desk doesn't allow for this, try getting a keyboard tray.

Mouse: Keep your mouse easily within reach and try not to grip it too tightly.

Chair: Make sure to keep your lower back supported, and adjust your chair so that you can easily reach your keyboard and mouse.

Monitor: Center your monitor in front of you at a comfortable distance, and adjust the brightness settings so that it's easy on your eyes. Make sure to take breaks from staring at your screen, too.

Lighting: Adjust your shades or lights to reduce glare.

Phone: Cradling a phone should be avoided, as it can create a great deal of strain in your neck muscles.