

WORKSTATION ERGONOMICS



WRONG POSTURE

- ✗ Leaning too far forward
- ✗ Not using back rest
- ✗ Strained wrist angle
- ✗ No armrests



HEALTHY POSTURE

- ✓ Eyes 18-24" from screen
- ✓ Proper chair support
- ✓ Relaxed wrist angle
- ✓ Armrests support elbows & wrist height

Work Organization Ergonomics

SJ Ball



Work Organization Ergonomics:

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