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Remote Work Ergonomics Checklist

Please check the corresponding box once you have completed a task.

Items	Considerations	Check
Computer/Laptop	Adjust the monitor to eye level to reduce neck strain and eye discomfort.	<input type="checkbox"/>
	Set the brightness and contrast levels of your monitor to minimize eye strain, especially during prolonged use.	<input type="checkbox"/>
	Opt for clear and legible fonts with an appropriate text size to enhance readability and reduce eye fatigue.	<input type="checkbox"/>
Keyboard and Mouse	Look for features such as a split design, adjustable tilt, and cushioned palm rests to support a natural hand position and reduce	<input type="checkbox"/>

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