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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"/> |
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Anne Grodzins Lipow



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