Are you sitting correctly?

Ergonomics reduce risk of Musculoskeletal Disorders (MSDs)

**BACK**
- Adjust chair angle to support back in upright position
- Support lower back with padding

**HEAD**
- Place monitor directly in front of body, at eye level
- Avoid tilting

**LEGS**
- Knees bent ~90° with thighs and feet parallel to the floor

**ELBOWS AND WRISTS**
- Place mouse and keyboard to minimize reaching
- Maintain elbows at 90° with wrists and hands flat

**Wrist Stretches**
- 2 min stretch breaks every 20-30 min

**Work Habits**
- 5-10 min break for every hour of work
- Intermittent eye breaks and exercises (10-15 sec each) to avoid eye strain

**Eye Exercises**
- 10-20 inches
- 10-20 feet
- Farthest Object

Resources:
- https://www.uhs.umich.edu/computerergonomics
- https://www.pinterest.com/pin/314548355206930272
- https://www.wikihow.com/Exercise-Your-Eyes