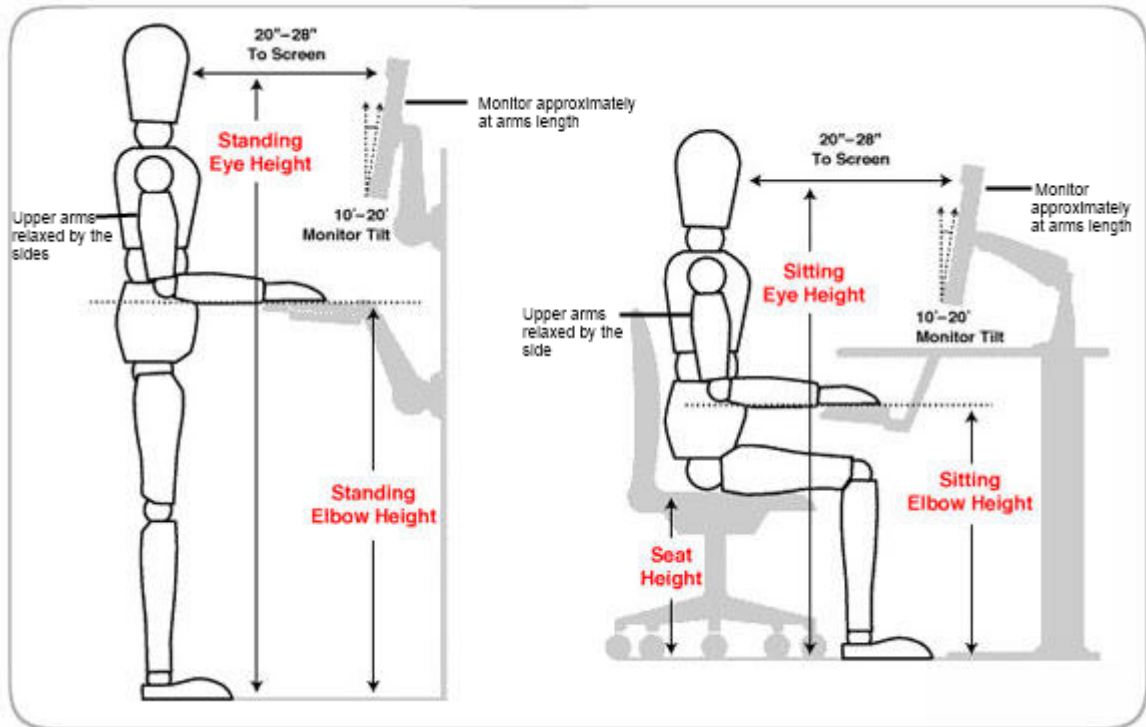


## Sit/Stand Desk Recommended Posture for Keyboard Users



### Working Safely in the Office

- **MOVE!!** Change posture or stretch on a regular basis
- Drink plenty of water to ensure an adequate fluid intake throughout the day
- Look away from the monitor and focus on a distant object on a regular basis
- Consider using a document holder between the key board and the monitor
- Avoid cradling the phone between the ear and shoulder
- Keep the mouse close to the end of the keyboard
- Take a break from the desk at lunchtime