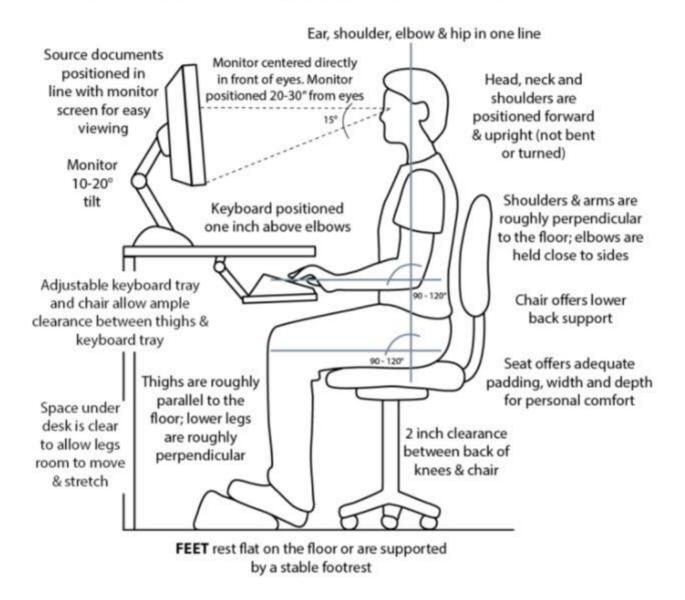
## THE ERGONOMIC WORKSTATION



## SITTING: Body position guidelines

- Lower back supported by a lumbar curve
- Bottom & Thighs distributed pressure
- ARMS minimal bend at the wrist
- The area behind the knee not touching the seat
- Feet flat on the floor or on a footrest
- Wrists and hands do not rest on sharp or hard edges
- The telephone should be used with your head upright (not bent) and your shoulders relaxed (not elevated)