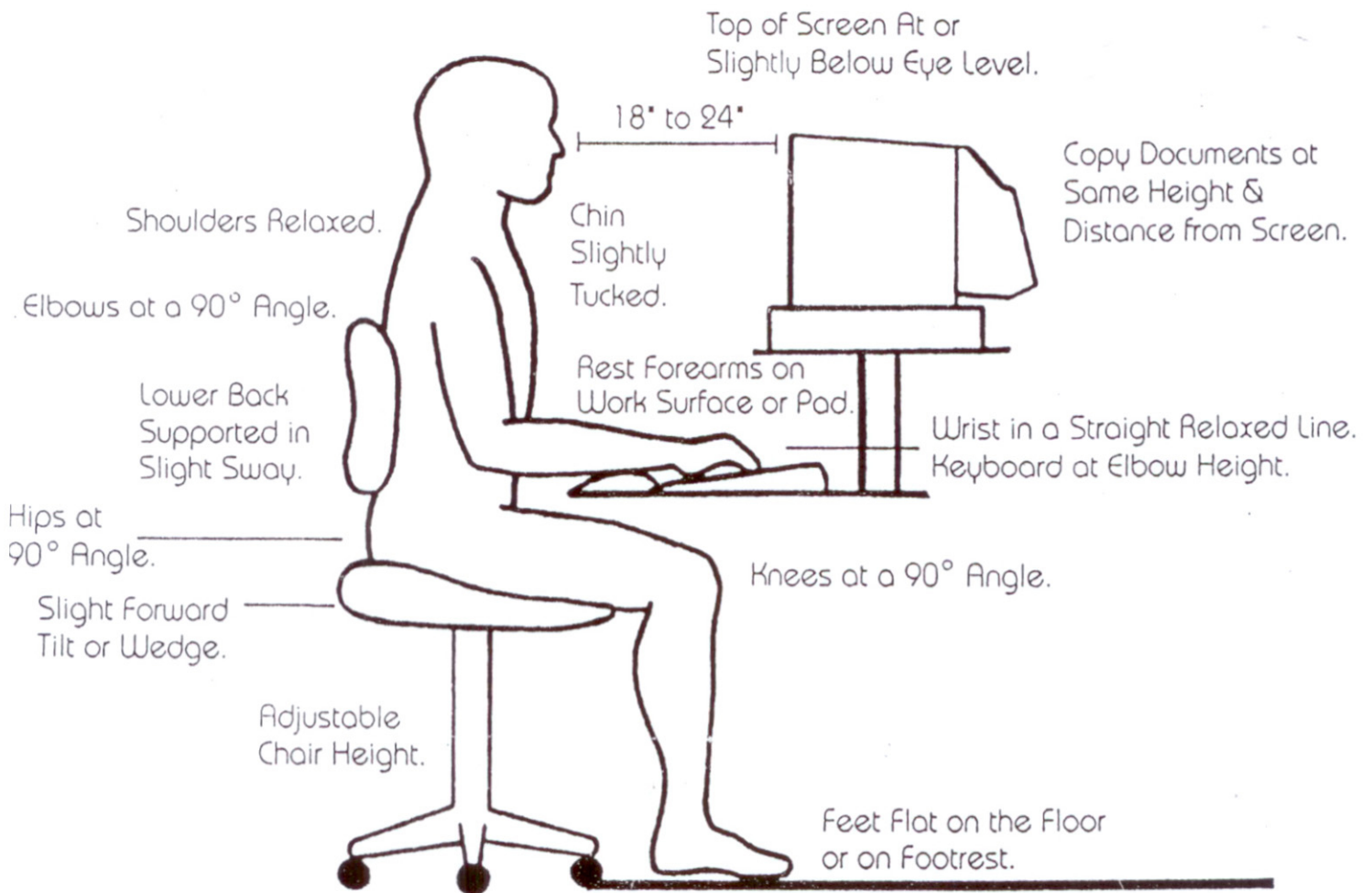


Proper Posture for Computer Operators



REMEMBER:

- Frequent shifts in position throughout the day will reduce muscle tension.
- It is better to change position slightly than to maintain "perfect" posture all day.
- Proper posture should be comfortable.
- Brief stretch breaks can help to restore circulation, prevent fatigue, reduce injury.

