

AWARENESS



ARRANGE YOUR WORKSTATION

Protect Yourself From Strain & Pain

- ✓✓ Monitor in correct position?
- ✓✓ Document holder provide?
- ✓✓ Telephone close to user?
- ✓✓ Knee clearance and footrest provide?
- ✓✓ Improve lighting?
- ✓✓ Posture awareness?
- ✓✓ Adjustable seat?