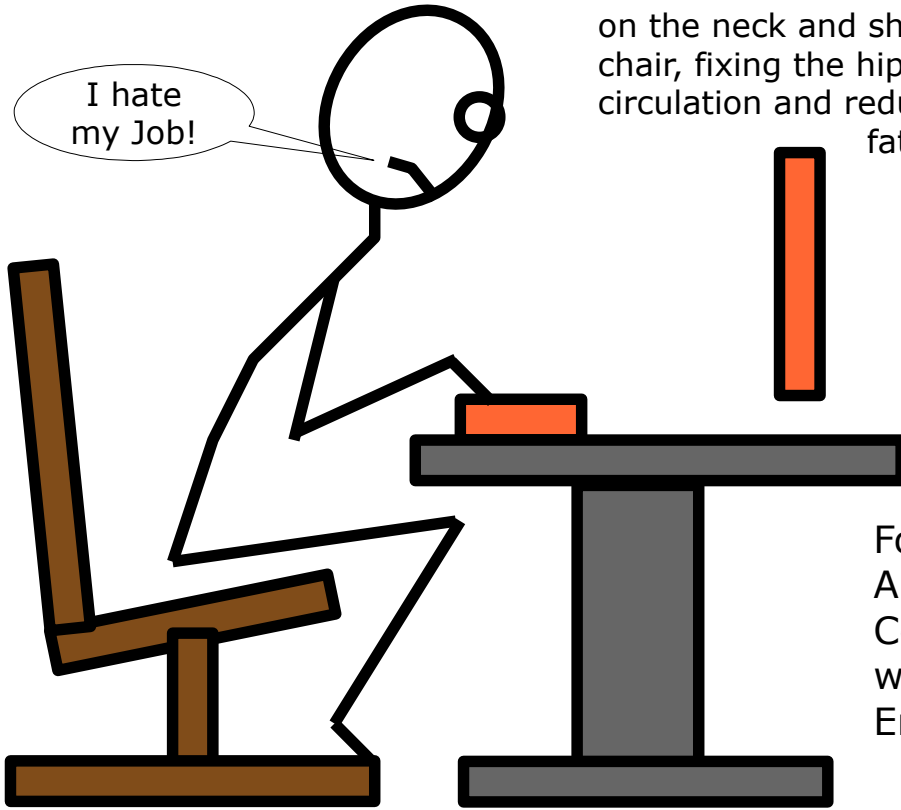


# Proper Workstation Configuration

## Poor Configuration



This is all too typical, the seat tips back promoting a "slouched" posture, the desk is too high forcing the hands to be raised with the wrists bent, this also increases stress on the neck and shoulders. Feet are pulled back under the chair, fixing the hips, knees are at less than 90° limiting circulation and reducing mobility. This will quickly lead to fatigue and back, neck and shoulder pain

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## Good Configuration

