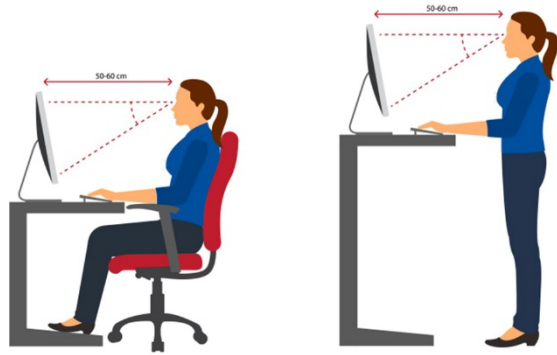
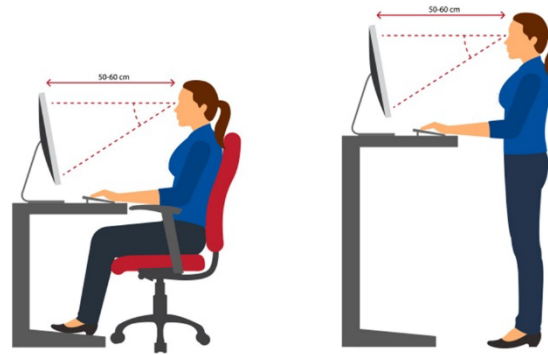


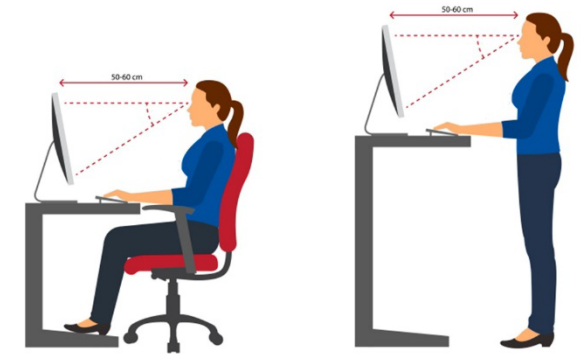
Set Up Your Adjustable Workstation – It Only Takes a Minute!



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- Head upright and eyes looking slightly downward.
- Back supported by the backrest of the chair (if sitting).
- Lumbar support sitting in the curvature of the low back.
- Elbows at or above keyboard height and shoulders relaxed.
- Knees at a similar height to hips.
- Feet flat on the floor.
- Microbreaks at least every 30 minutes to get up and move.

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