

TEN TIPS ON SAFE COMPUTER USAGE TO AVOID REPETITIVE STRAIN INJURIES

01 Adjust your chair height before you start working. Ensure the knees are slightly lower than the hips when sitting.

02 The lower back should be completely supported by the chair's back rest. The back rest should be kept locked at 90 or preferably 100 degrees while typing

03 Keep the chin tucked in so that the ears, shoulders, elbows and hips are in a straight line while sitting

04 Keep elbows close to your body and shoulders relaxed.

05 Keep the forearms and wrists in straight line while typing; avoid bending of wrists and avoid resting the wrist on the table or tray. Both the keyboard and mouse should be placed just above the lap.

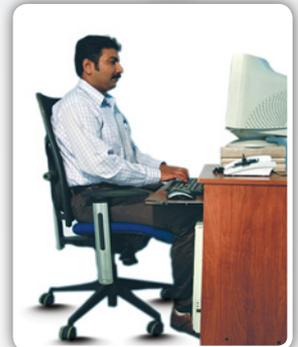
06 Mouse Grip - Do not stretch your arms to reach for the mouse. Hold the mouse gently and take the hand away from the mouse when not clicking it.

07 Keep your feet rested flat on the floor or on a stable foot rest.

08 The back of the thighs and knees should not be compressed by the edge of seat pan.

09 Position the laptop on your desk/work surface so that the topmost part of the screen is close to the eye level. You can use books, wooden box, Laptop Stand or an external monitor.

10 Use a separate keyboard and mouse.



IF YOU ARE UNABLE TO ACHIEVE THIS BALANCED POSTURE YOU COULD BE AT RISK FOR RSI.

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