



Education & Outreach Moment

NSF PHASE I CENTER FOR ADAPTING FLAWS INTO FEATURES

NSFCAFF.ORG

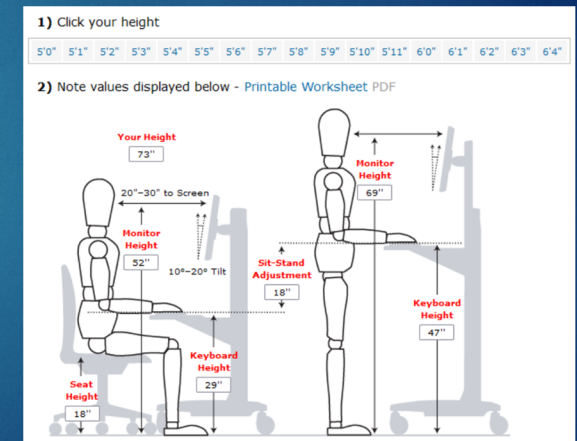




Ergonomics in the Office

Avoiding Back, Wrist, & Neck Pain

1. Ensure your screen is at eye level (use an external monitor or laptop stand).
2. Position both the mouse and keyboard at elbow height.
3. Push your hips back as far as they can go in the chair.
4. Keep your shoulders and back straight.
5. Keep your feet flat on the floor.
6. Avoid sitting in the same position for more than 30 minutes.



RICE

<https://www.ergotron.com/tools/workspace-planner>