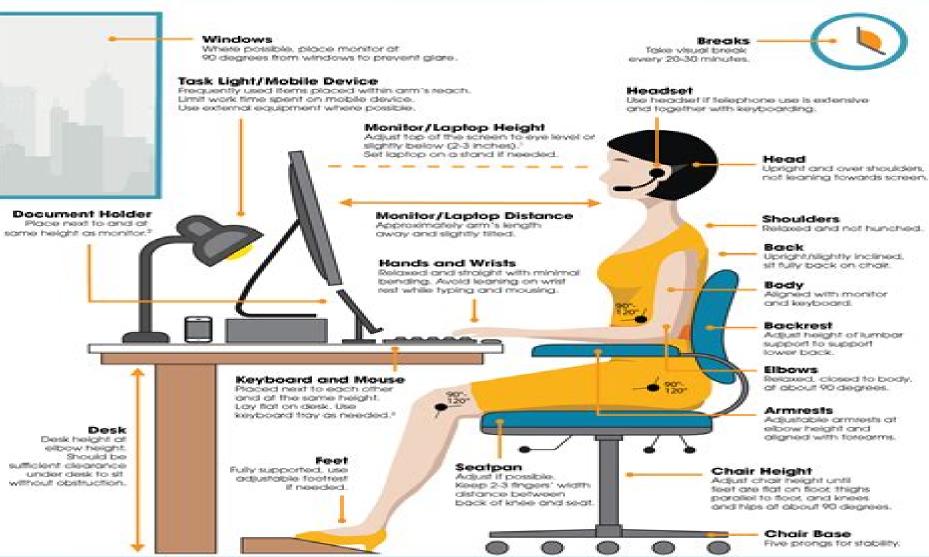
How To

Set Up Your Office Workstation





Bifocal wearers may need to have screen set slightly lower.

It using an inline document holder, place it directly below monitor and titled towards you.

If using a keyboard tray, it should be flat or titled slightly away from you.

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Ergonomics Of Women At Work

Meredeth Turshen

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