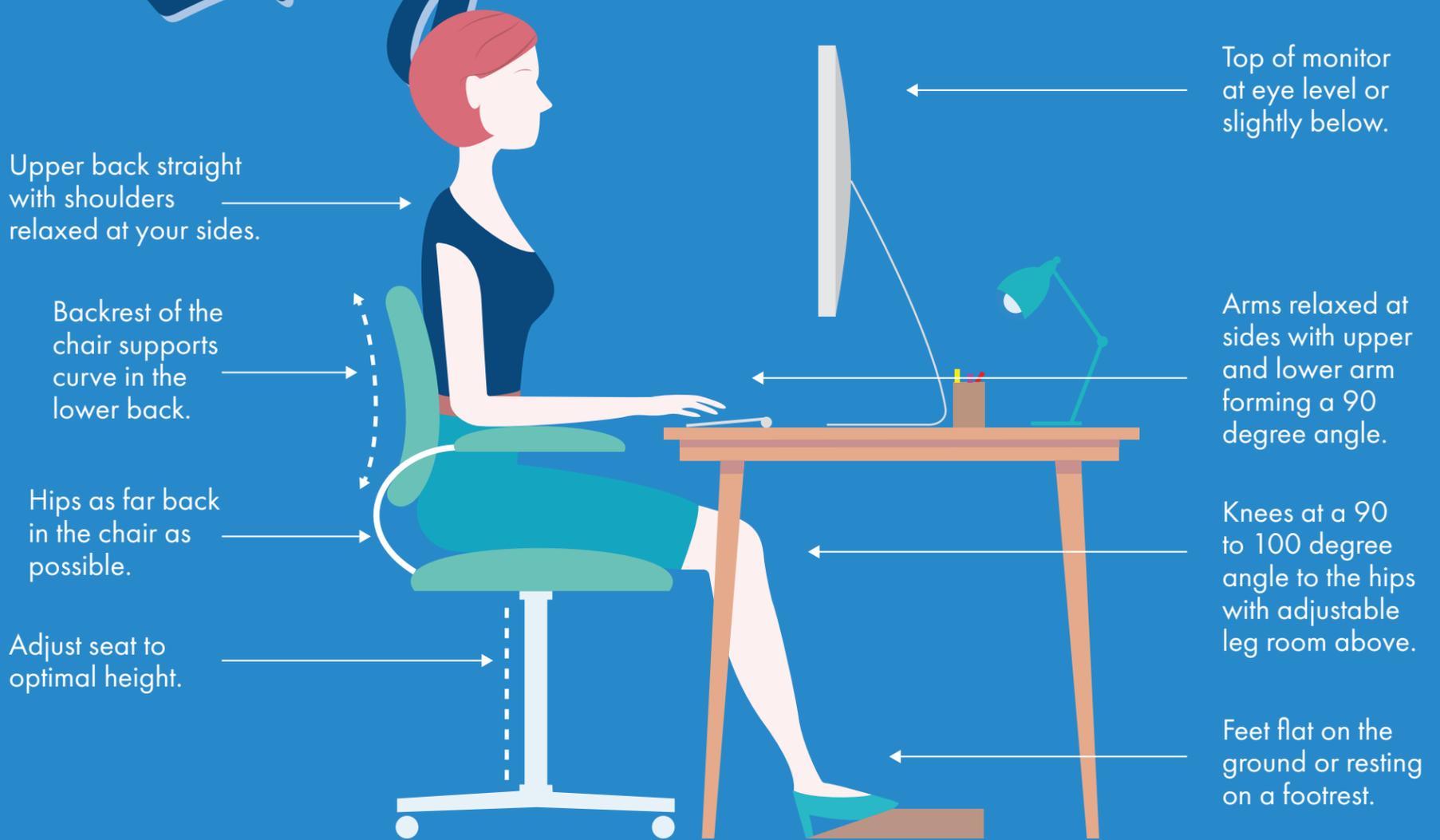


Desk Ergonomics



Helpful Tips



Stay hydrated throughout the day.



Avoid eating at your desk.



Get up and move every half hour.



Avoid slouching at your desk.



Sanitize your desk and surfaces regularly



Stretch at your desk.



Remember to blink often when staring at a computer for long periods of time. Take a screen break to reduce eye strain.



Keep healthy snacks on hand.



Get some fresh air.