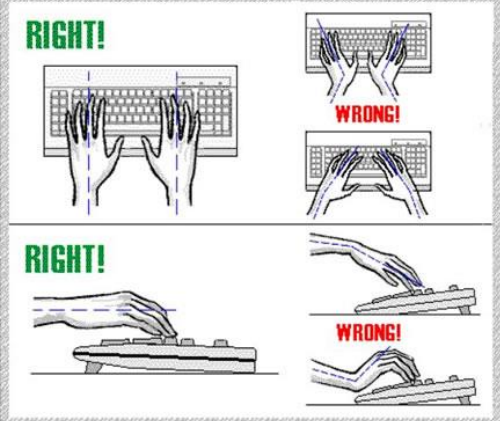
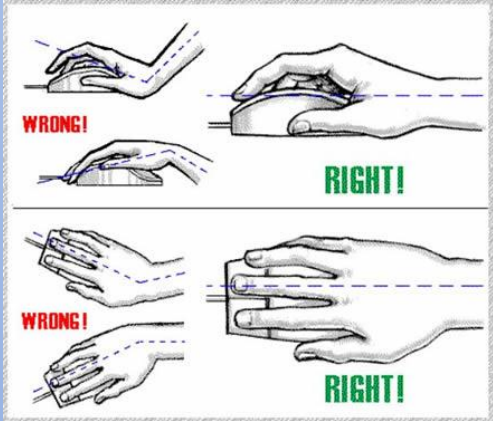
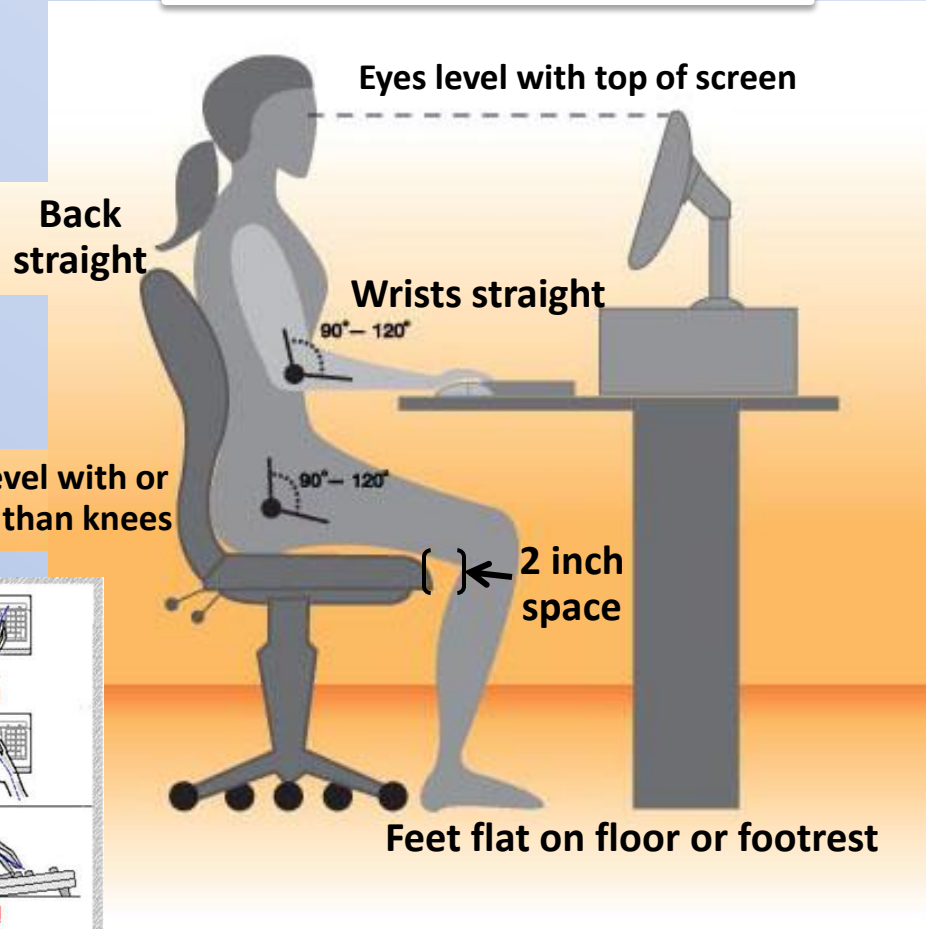


ERGONOMICS TTPS

(Tips-Techniques-Procedures)

Remember "20-20-20"
Every 20 minutes take 20
seconds to look 20 feet away
or take a 20 second break

Proper body position



Avoid Overreaching