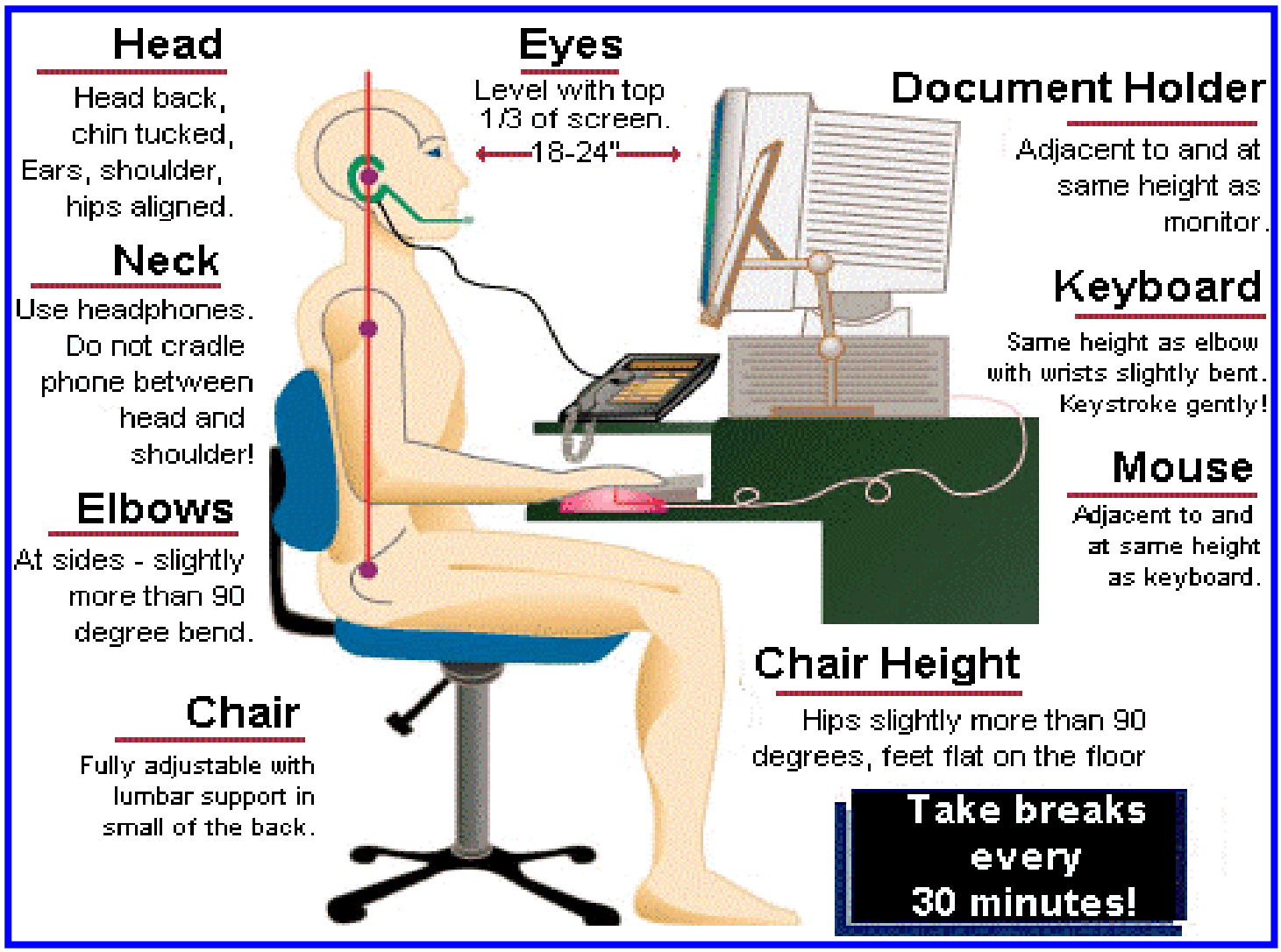
IS YOUR COMPUTER WORKSTATION OPTIMIZED FOR COMFORT AND EFFICIENCY?



A "neutral" body position is the safest and most efficient position in which to work. Awkward posture puts stress on muscles, tendons, and joints that could lead to ergonomic disorders.