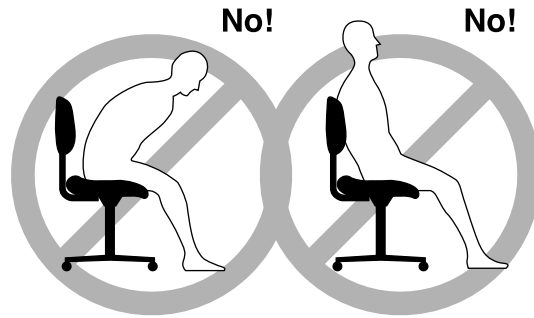


## Computer posture: Your back

The human spine naturally curves. Sitting in ways that flatten or exaggerate these curves will lead to trouble.



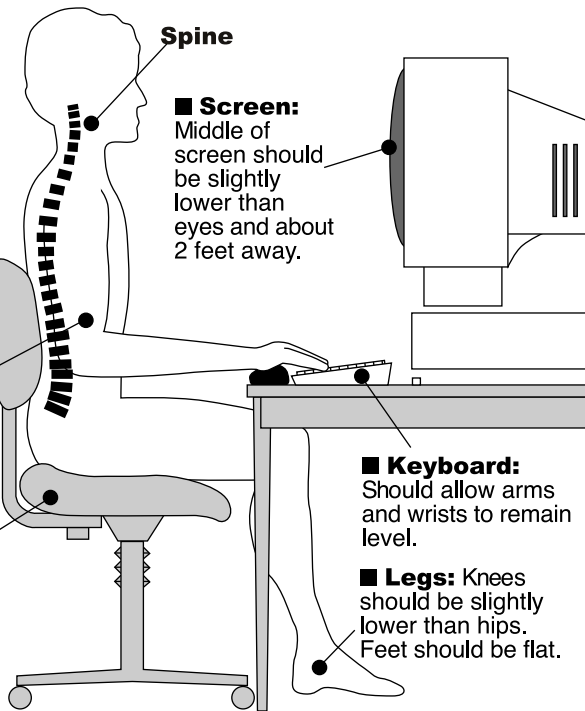
### ■ Positioning:

Sit up straight. Neck should not be bent. Do not lean from side to side or cross legs for long periods. Walk around occasionally.

### ■ Arms:

Upper arms and forearms should form a right angle. Wrists should not bend up.

■ **Seat:** Should fit very well or should have adjustable seat, back and arms. A waterfall front helps circulation in legs.



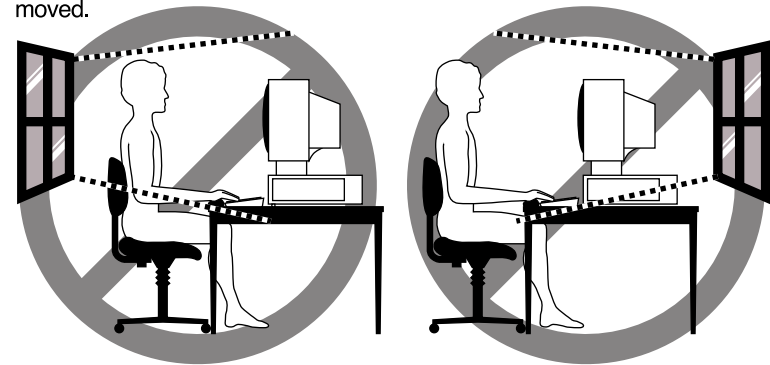
SOURCE: San Jose Mercury News, PC Novice via Copley News Service

## Computer posture: Lighting

Lighting directly behind or ahead of you will be distracting while working at a computer screen. The best positioning for lights is to put them at your sides.

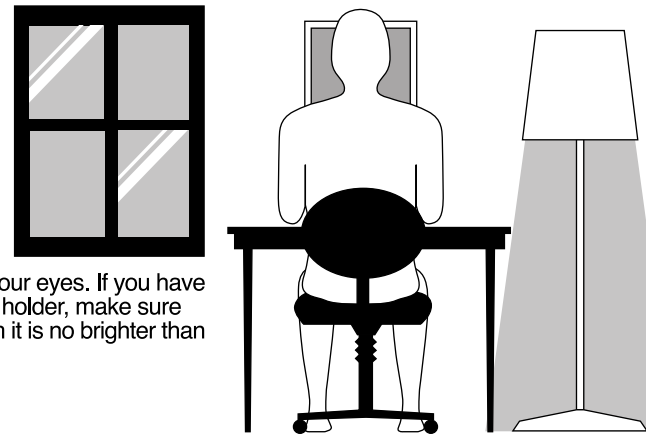
■ **A light behind** you will put glare on the screen and create blind spots on it. This will cause eyestrain. Use a glare filter if lighting cannot be moved.

■ **A light source** in front of you will place extra light in your peripheral vision and result in eyestrain.



### ■ Lights to the sides

will be the most comfortable. Keep the monitor a couple of feet away from you and slightly lower than your eyes. If you have a document holder, make sure the light from it is no brighter than necessary.



SOURCE: PC Novice via Copley News Service