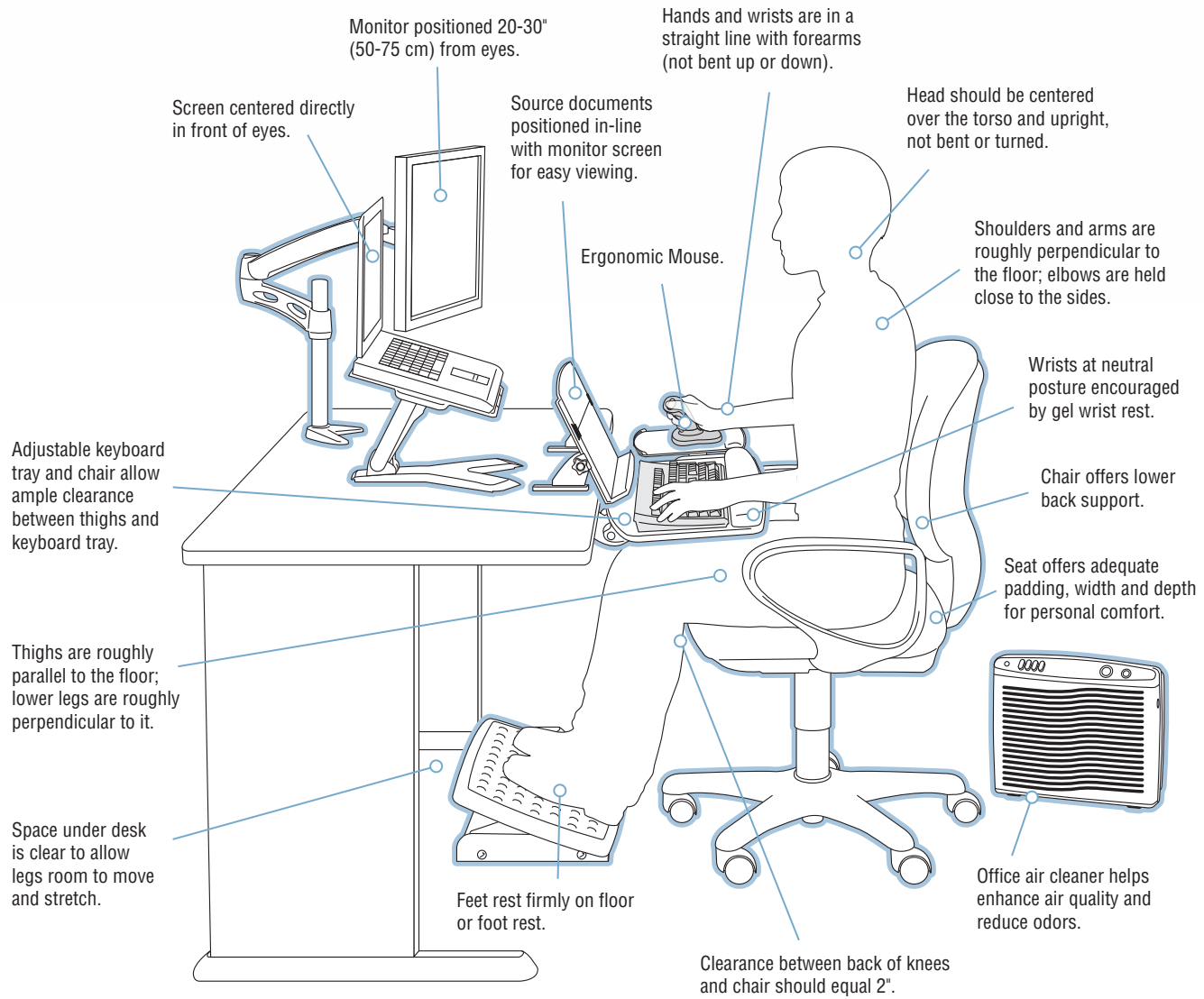


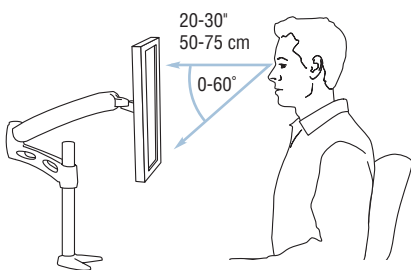
Workstation Guidelines

For Optimal Personal Comfort

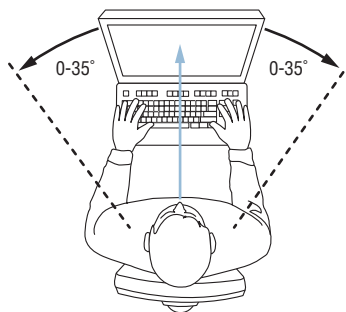
Use these guidelines to set up your workspace to ensure good ergonomic posture and to attain optimal personal comfort.



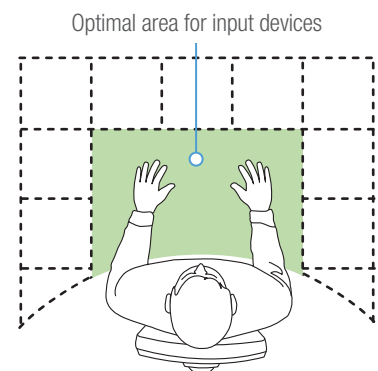
Recommended Positioning



To avoid eyestrain, position your monitor within a comfortable viewing distance, at or below eye level, and within your 60° viewing field.



Position source documents in line with your screen, and no more than 35° to either side, to avoid excessive turning or bending of your neck.



Place input devices within the recommended area to avoid strain on your wrists, arms and hands.