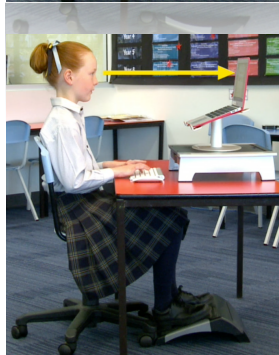
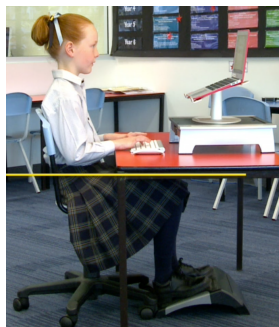


SMART HEALTH SCHOOL PROGRAM

BUILDING your workstation



FIRST

- Adjust chair to desk height
- Elbows 5-10mm above desk
- Feet on floor or support

THEN

- Adjust screen height
- Top third of screen level with eyes
- External flatscreen or laptop riser/box



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