## ERGONOMICS

## **Top 5 Reminders**

- 1. Feet flat on the floor.
- 2. Back straight (don't slouch).
- 3. Wrists/hands flat and straight.
- 4. 1-2 minute break every 30 minutes to stretch/move around.
- 5. Keep floor around and under desk free of clutter (tripping hazards).

