

Avoid repetitive movements whenever possible

Keep head bent forward at 30° angle or lower

Rest elbows or forearms on elevated pads - Take care not to block front air grill or rest arms directly on work surface

Create an efficient work zone - avoid clutter and reaching across the work zone; work from “clean to dirty”

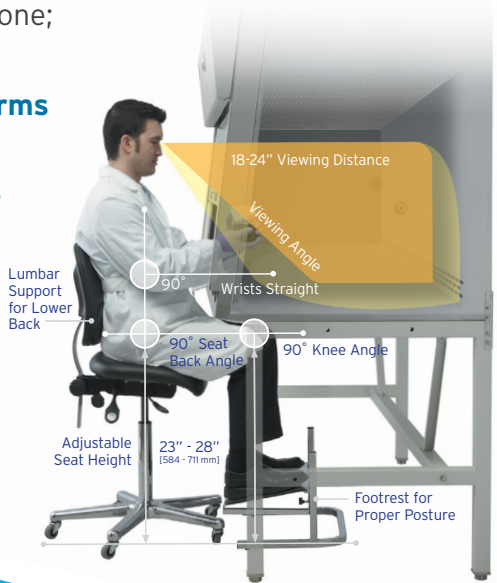
Keep wrists in-line with forearms
- straight, non-locked position

Sit upright at 90° angle while working in the cabinet

Restrict work activities to a short duration - take frequent breaks with periodic stretching

Keep upper arms & shoulders relaxed whenever possible

Utilize ergonomic accessories



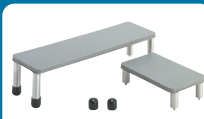
NuAire Ergonomic Accessories



Forearm Armrest Pad



Adjustable Footrest



Movable Elbow Rests



Stainless-Steel Turntable