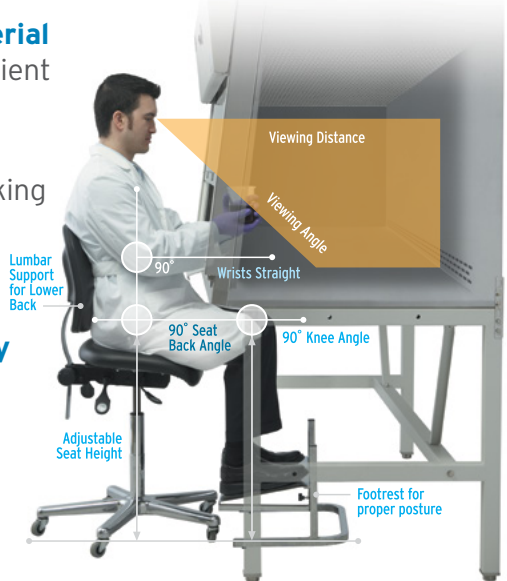


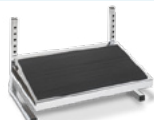
- **Use proper sitting posture.**
- **Use large muscles infrequently** and for short periods of time.
- **Alternate postures** - Head & neck bent forward less than 30°.
- **Maximize sight lines**
- **Make sure elevated arm has support** - Forearm should not be elevated above horizontal - use forearm support.
- **Proper utilization of material placement** creates an efficient work zone.
- **Have wrist in-line with forearm** - straight, non-locking (neutral) position.
- **Permissible exposure level of 1-2 hours daily of any continuous activity**
- **Activities should be for a short duration**, take frequent breaks.
- **Have upper shoulder & upper arm relaxed.**



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Forearm Armrest Pad



Adjustable Footrest



Elbow Rest



Stainless Steel Turntable