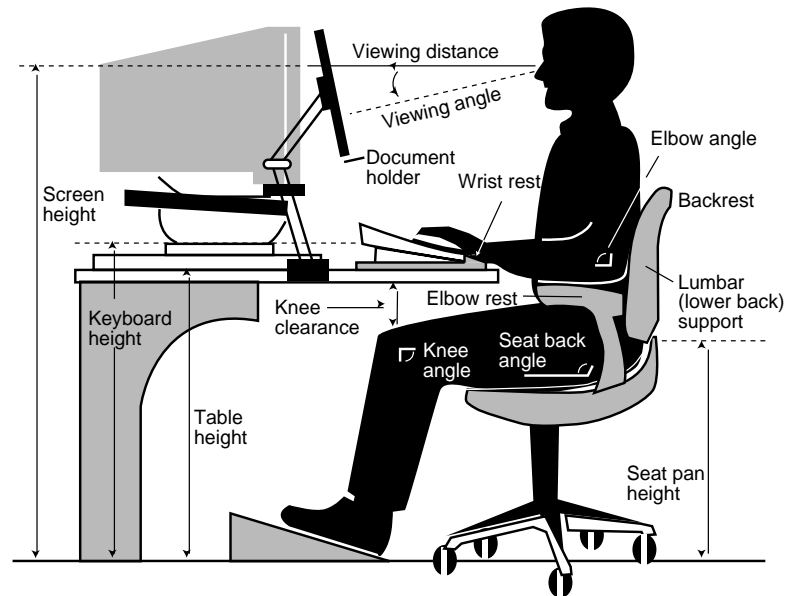


# Focus on Your Posture



- Keep your elbows at your side, tucked close to your body, and forearms parallel to the floor or tilted slightly downward (wrists slightly lower than elbows) to prevent nerve compression at your elbow.
- Use a chair that has good back support and position yourself close the keyboard so that you do not have to overextend your arms.
- Keep your feet flat on the floor or on a footrest.
- Keep your head and neck straight and facing forward.
- Keep your wrists in line with your forearms and not angled up or down or turned in or out.