November Cut-outs

Gobble Gobble Gobble

UCI Worklife & Wellness

STRESS FREE ZONE
Fight the Flu
It starts with you

- Head: Head back, chin tucked, ears, shoulder, hips aligned.
- Neck: Use headphones. Do not cradle phone between head and shoulder!
- Elbows: At sides - slightly more than 90 degree bend.
- Chair: Fully adjustable with lumbar support in small of the back.
- Eyes: Level with top 1/3 of screen. 10-24
- Document Holder: Adjacent to and at same height as monitor.
- Keyboard: Same height as elbow with wrists slightly bent. Keystroke gently!
- Mouse: Adjacent to and at same height as keyboard.
- Chair Height: Hips slightly more than 90 degrees, feet flat on the floor.
- Take breaks every 30 minutes!