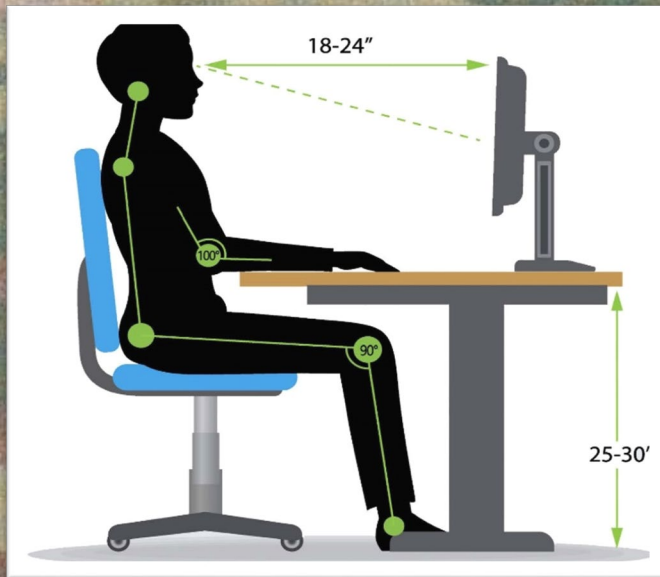


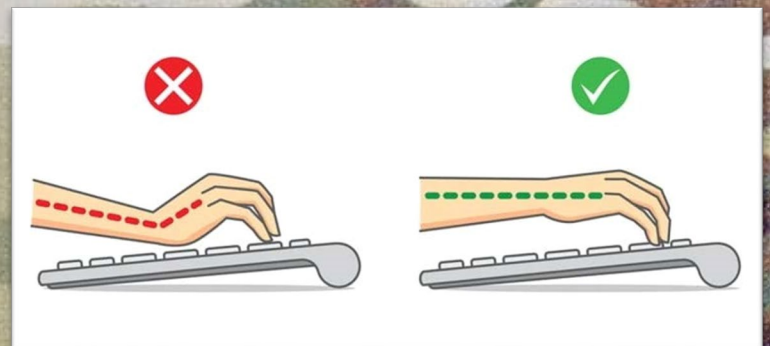
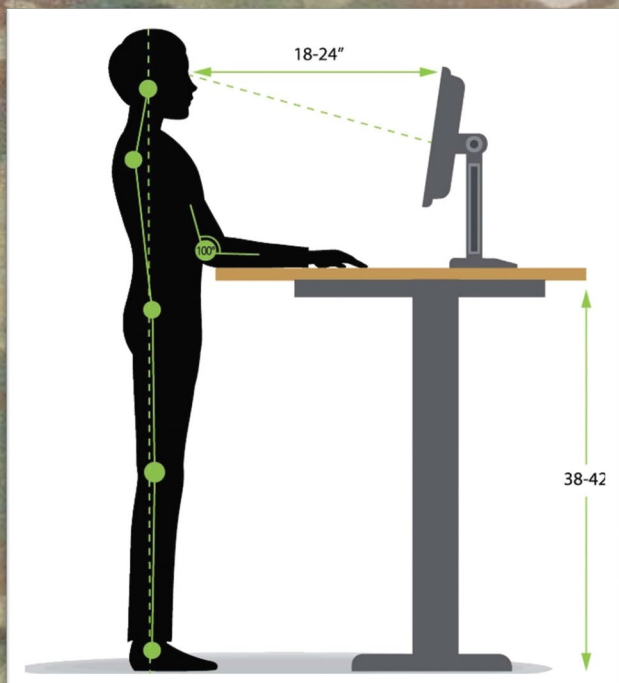
TACTICAL TYPING POSTURE

Do you feel physical pain or discomfort when working at your desk? Standing or sitting in one position or with poor posture for too long can cause headaches and pain in your neck, back, wrists & shoulders. Standing desks are an excellent alternative to seated workstations. Once an hour, change positions or get up, stretch, & move around.

Try these adjustments to your workstations:



- ✓ Monitor viewing distance: 18" to 24"
- ✓ Monitor viewing angle: ~30° (top of screen slightly below eye level)
- ✓ Angle between upper arm & forearm (elbow): 90° - 120°
- ✓ Angle between upper & lower leg (knee): 60° - 100°
- ✓ Angle between torso & thigh (hips): 90° - 180°
- ✓ Chairs should adequately support the back & legs
- ✓ Feet should be supported on the floor or a foot rest
- ✓ Keyboard positioned to keep wrists straight & shoulders relaxed



CONTACT US FOR ADDITIONAL INFORMATION

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