



Awkward posture can lead to pain and discomfort.

- 1 Plan your work, so that you take regular breaks or changes in your activity.**
- 2 If you suffer discomfort at your workstation seek advice from the occupational health advisor as soon as possible.**
- 3 Adjust your chair so that your lower back is supported and comfortable.**
- 4 Ensure the lighting at your work station is comfortable.**
- 5 Get your eyesight tested regularly.**
- 6 Your monitor should be arms length away from you.**
- 7 Keep your work area free from clutter and trip hazards.**