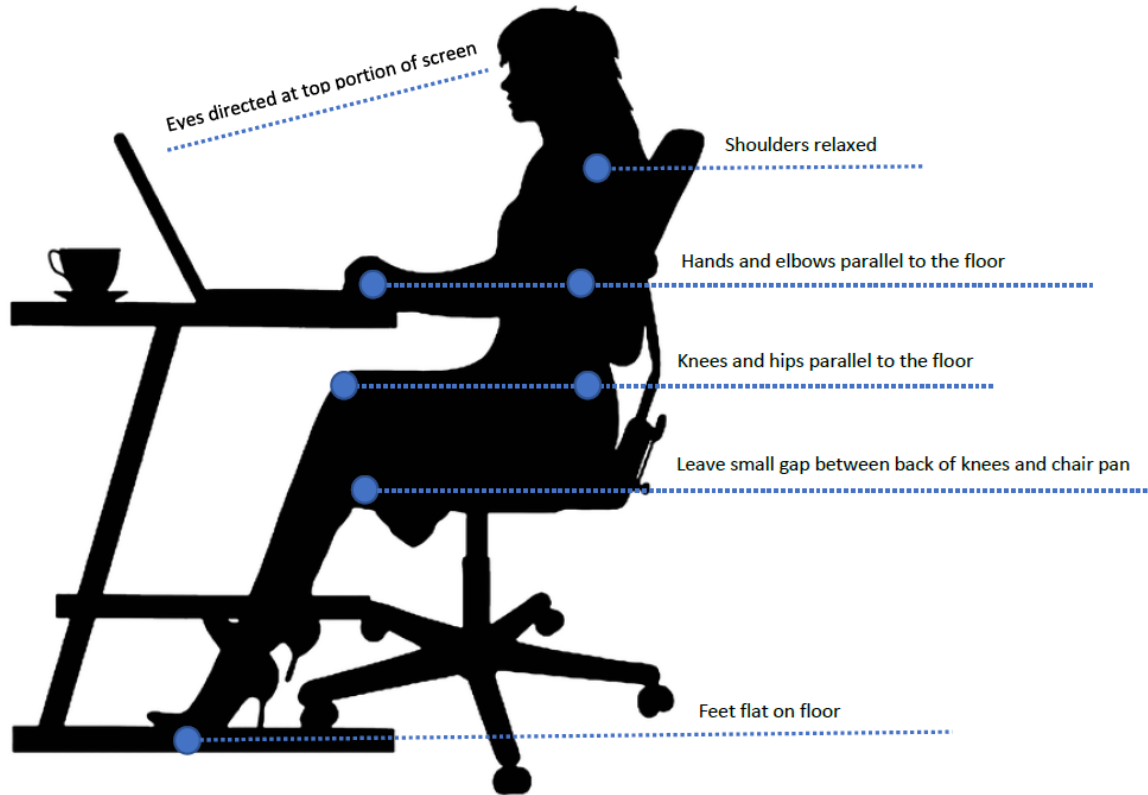


# How should I sit at my desk?



## Tips for correct sitting position:

- ✔ Place all equipment and supplies at arm's length
- ✔ Keep your back relaxed against your chair back
- ✔ Rest your palm on the desk instead of your wrists
- ✔ Positioning your hands and elbows parallel to the ground will help keep your shoulders relaxed