Rule #1:
Maintain your neck in an upright position so the screen is at or slightly below eye level.

Rule #2:
The monitor should be at least 18” from your eyes.

Rule #3:
Keep your elbows at the sides of the body and at a right angle to the keyboard.

Rule #4:
Keep your wrists in a straight or neutral position to avoid stressors on the carpel tunnel.

Rule #5:
Avoid excessive force such as gripping the mouse too tightly or typing in the same position for too long.

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