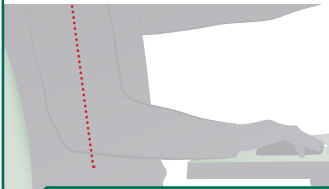
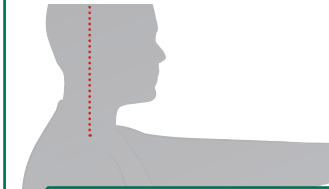


Helpful hints for good laptop use

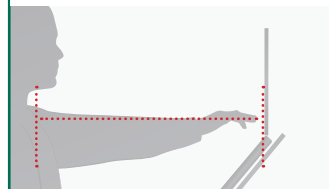
Arms relaxed by your side



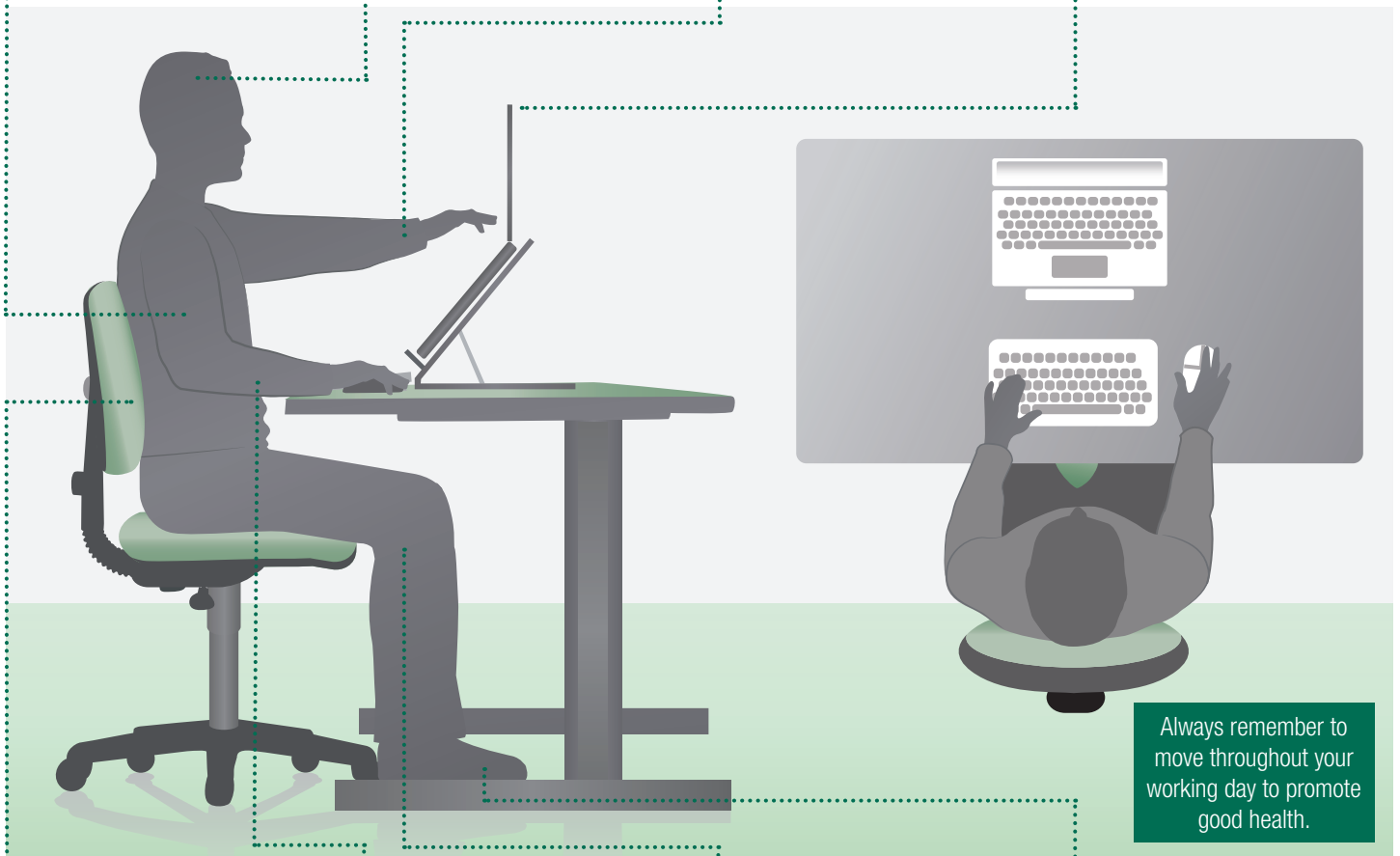
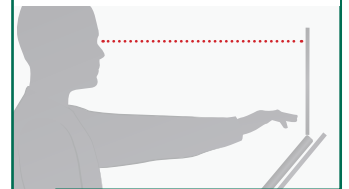
Balanced head, not leaning forward



Screen approximately arms length from you

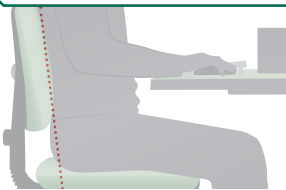


Top of screen about eye level

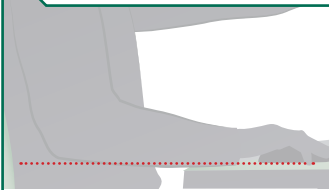


Always remember to move throughout your working day to promote good health.

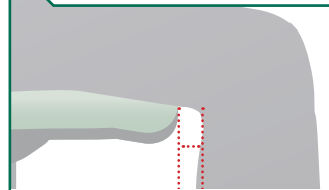
Sit back in chair ensuring good back support



Forearms parallel to desk



Space behind knee



Feet flat on floor/on a foot rest

