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Workers' Compensation Insurance Specialists

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**Pain in
your neck?**

Dolor de cuello?



Questions? Contact your supervisor.

**¿Preguntas?
Póngase en contacto
con su supervisor.**

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La manera en la cual usted se sienta o se para en su escritorio puede hacer una gran diferencia en su estado de salud.

How you sit or stand at your desk can make a big difference in how you feel.

Posture matters.

1. Top of viewable screen set at eye level.
La parte superior de su monitor debe de estar a nivel de sus ojos.
2. Set screen 20" - 28" away from eyes.
El monitor debe de estar entre 20 y 28 pulgadas de sus ojos.
3. Upper back straight with shoulders relaxed.
La parte superior de su espalda debe de star derecha y con los hombros relajados.
4. Arms relaxed at sides with upper arm and lower arm forming 90°-110° angle. Wrists straight with fingers relaxed.
Brazos relajados a su lado con la parte superior e inferior formando un ángulo de 90° - 110°. Las muñecas derechas con los dedos relajados.
5. Back rest of the chair supports curve in lower back.
El respaldo de su silla debe de apoyar la curva de su espalda baja.

La postura es muy importante.

6. Hips as far back on chair as possible.
Sus caderas deben de estar lo mas cercano al respaldo de su silla.
7. Adjustable seat for optimal height.
Ajuste la altura de su silla.
8. Lower legs at a 90°-110° angle to thighs with adequate legroom above.
La parte inferior de sus piernas deben de estar entre 90° y 110° de sus muslos con espacio apropiado en la parte superior.
9. Feet flat on floor or on footrest.
Los pies planos en el piso o en el reposapiés.
10. Screen set at 10°-20° angle.
Monitor en un ángulo entre 10° y 20°.
11. Workstation surface at elbow height.
Estación de trabajo a la altura de sus codos.

Is your workstation adjusted correctly? Ask your supervisor for help.

¿Es su estación de trabajo ajustado correctamente? Pregunte a su supervisor para obtener ayud.

