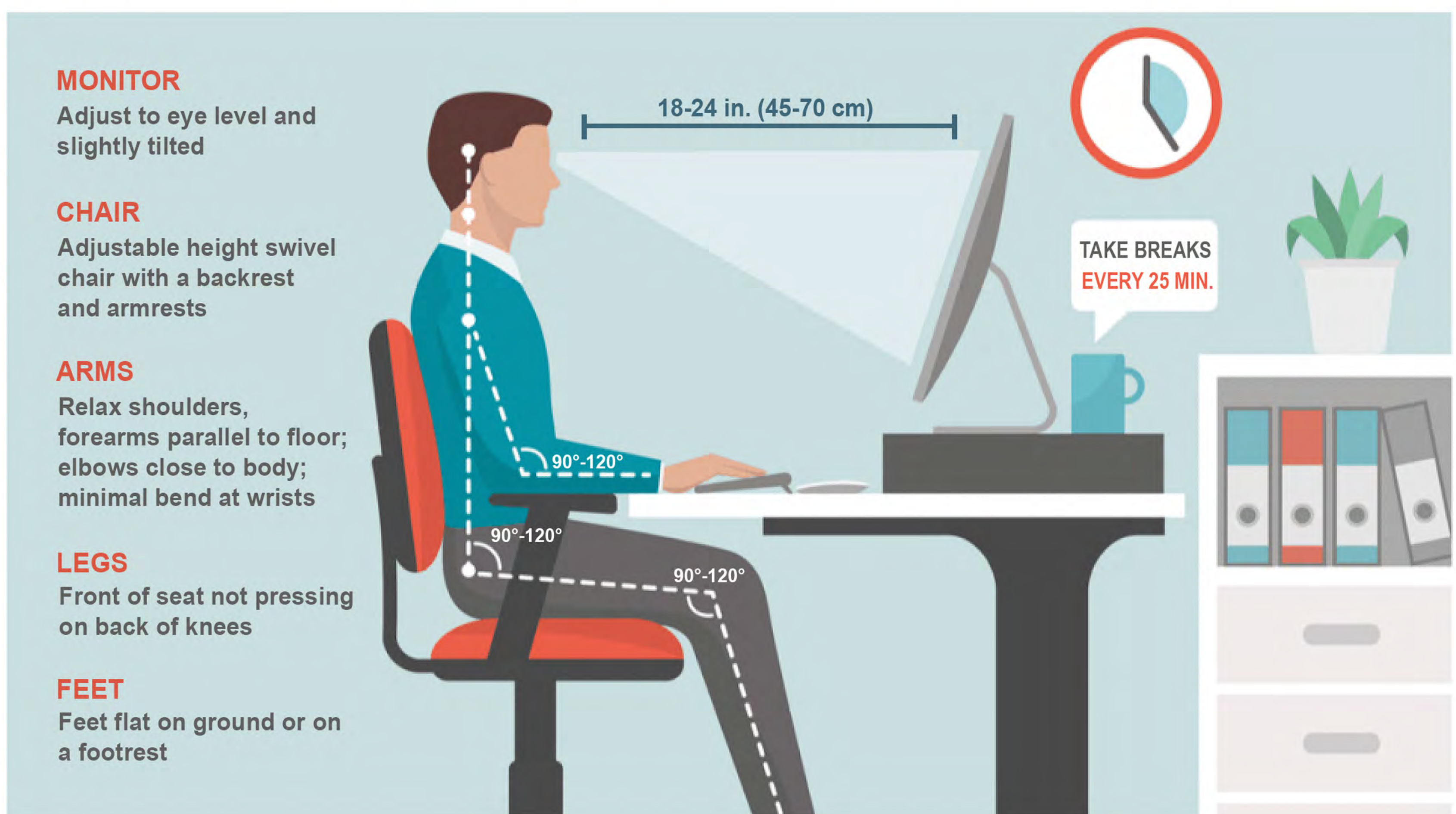


# SAFETY

## TALK IT UP!

### Ideal Sitting Posture for Desk Comfort



### More Desk Ergonomics Tips:

#### KEYBOARD

- Position 1" below resting elbow to help relax shoulder
- Use a keyboard support that tilts forward



#### MOUSE

- Place mouse close to keyboard to avoid over-reaching
- Glide mouse with heel of palm, don't grip



#### ILLUMINATION

- Place task light opposite writing hand
- Position light source to avoid glare and casting shadows



To schedule an ergonomic assessment of your workspace, go to the Campus/Facilities site on LookUp and complete a CBRE request form.