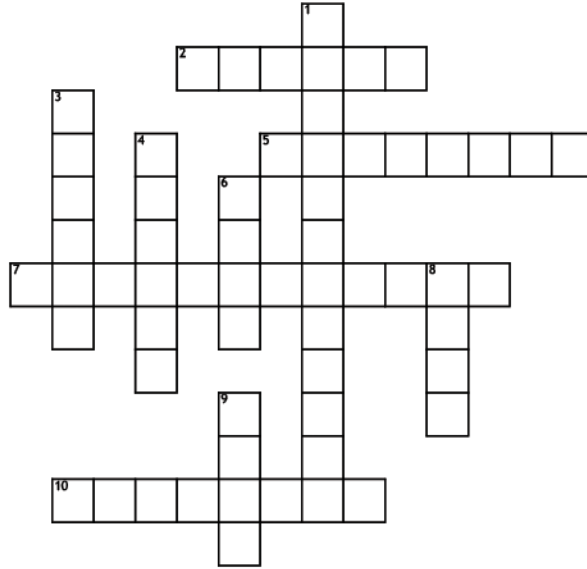


Home Office Ergonomics



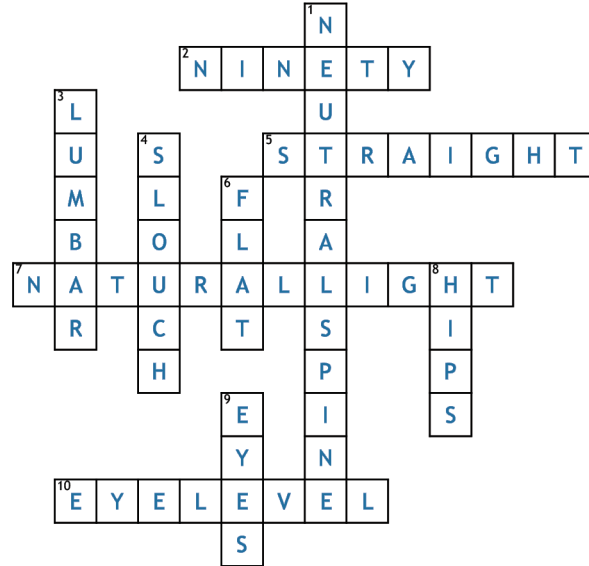
Across

- Your elbows should be at a _____ -degree angle.
- Your wrists should be _____,
- _____ helps reduce glare.
- Position your monitor at _____.

Down

- Sit in a _____ position.
- Sitting in a chair with _____ support is best.
- Try not to _____ or lean.
- Keep your feet _____ on the floor.
- Adjust your chair height so your knees are level with your _____.
- Follow the 20/20/20 rule to rest your _____.

Home Office Ergonomics



Across

2. Your elbows should be at a _____ -degree angle.
5. Your wrists should be _____,
7. _____ helps reduce glare.
10. Position your monitor at _____.

Down

1. Sit in a _____ position.
3. Sitting in a chair with _____ support is best.
4. Try not to _____ or lean.
6. Keep your feet _____ on the floor.
8. Adjust your chair height so your knees are level with your _____.
9. Follow the 20/20/20 rule to rest your _____.