

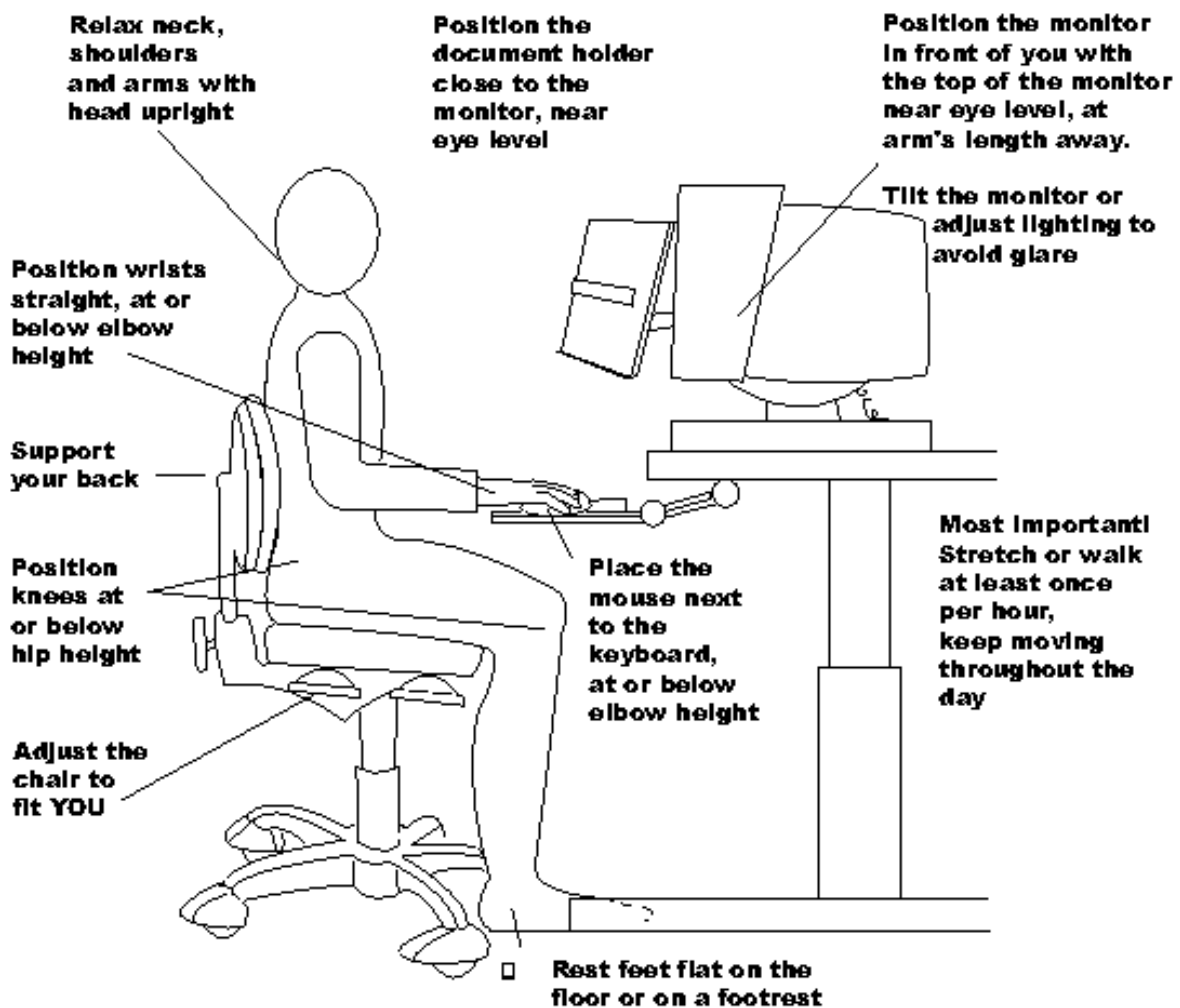
Ergonomic Work Station Set Up

Per OSHA: Occupational, Safety, and Health Administration: setting up a computer workstation <http://www.osha.gov/SLTC/etools/computerworkstations/index.html>

Per CNET: <http://www.cnet.com/how-to/how-to-set-up-an-ergonomic-workstation/>

from: <http://hr.umich.edu/mhealthy/programs/ergonomics/ergotutorial/images/10tips.gif>

Ten Tips for Computer Users



This handout is provided as a reference for current and future clients of Body Dynamic under direct supervision of their physical therapist. Please Consult with your physical therapist for proper use of this handout. For more information, please contact Body Dynamic Physical Therapy + Pilates + Wellness, Inc.