1 CheatSheet: Health For IT Workers

LIFE

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- PDF Link: cheatsheet-health-A4.pdf, Category: linux
- Blog URL: https://cheatsheet.dennyzhang.com/cheatsheet-health-A4
- Related posts: Cheatsheet: Driver License, Cheatsheet Travel, #denny-cheatsheets

File me Issues or star this repo.

1.1 Health - Hardware

| Name | Command |
|-------------------|---|
| Keyboard | Instead of laptop keyboard, use an external one |
| Standing desk | |
| Comfortable Chair | |

1.2 Health - Habit

| Name | Command |
|--------------------|---|
| Take regular break | Takes breaks once every 45 minutes |
| Use mouse | Relax your fingers on the mouse buttons |
| Use mouse | Keep your mouse close so you are not extending your arm to use it |

1.3 More Resources

License: Code is licenhealth under MIT License.

https://github.com/trimstray/health-essentials