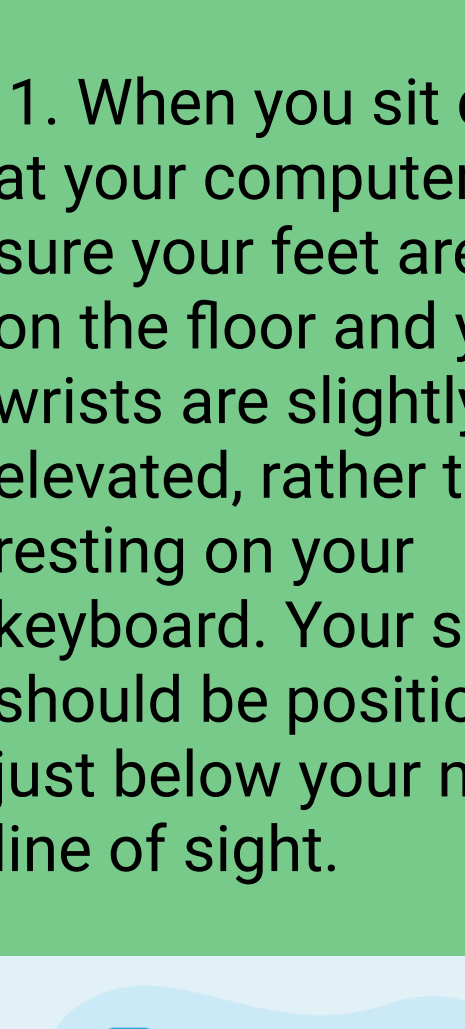


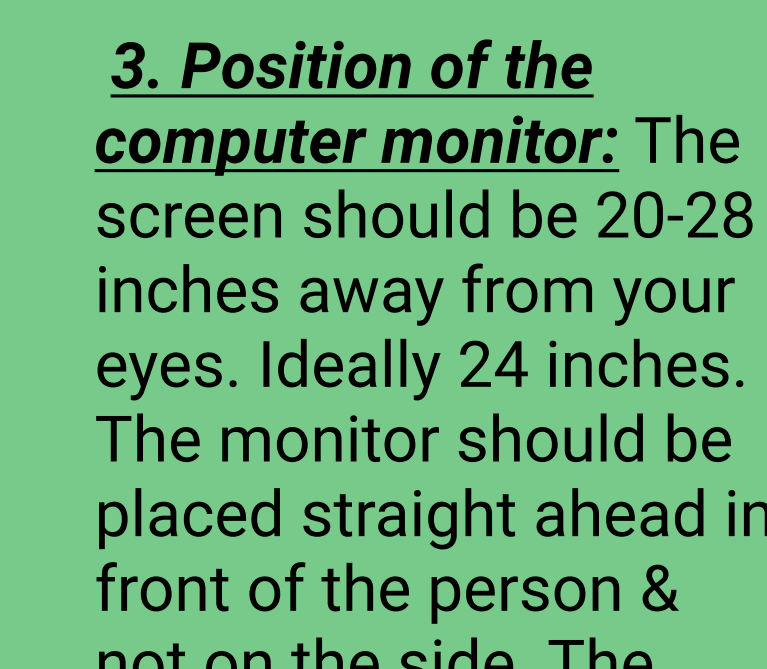
It's not only the screen that can cause problems. The position one assumes while using an electronic device is also important.

You may not realize your posture and eyes are connected, but maintaining the proper sitting position while you work is actually the first line of defense against eye strain.



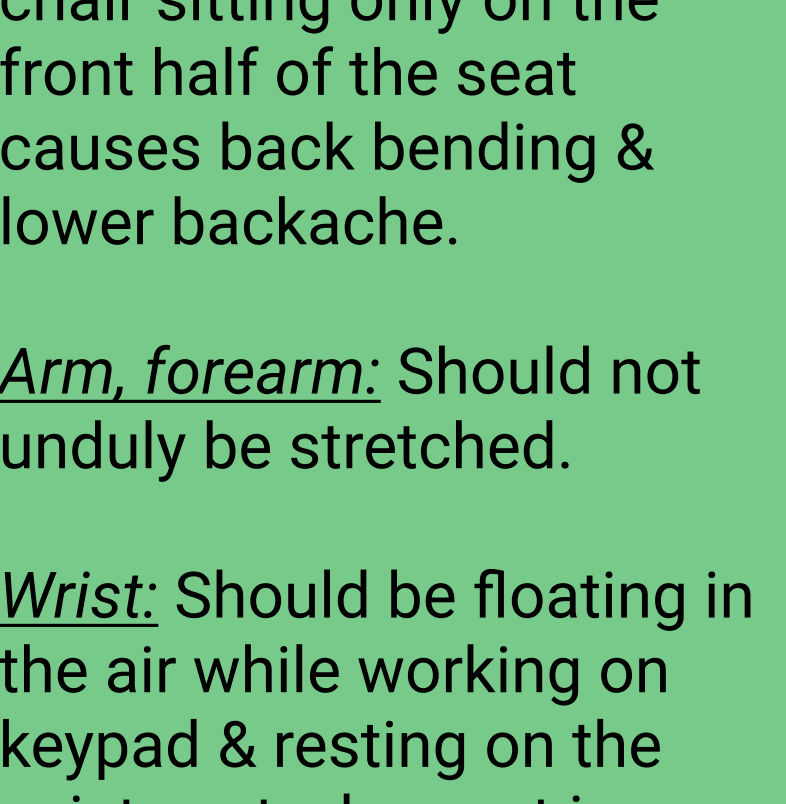
## **Follow the below suggestions for a better posture:**

1. When you sit down at your computer, make sure your feet are flat on the floor and your wrists are slightly elevated, rather than resting on your keyboard. Your screen should be positioned just below your natural line of sight.



2. Make sure you're sitting up straight, though. Slouching over your keyboard can create muscle tension in your back and shoulders that restricts blood flow to your eyes, causing vision problems.

**3. Position of the computer monitor:** The screen should be 20-28 inches away from your eyes. Ideally 24 inches. The monitor should be placed straight ahead in front of the person & not on the side. The midpoint of the monitor screen should be 4-5 inches below the eye level.



**4. Body posture -** Maintaining correct body posture is necessary to avoid CVS as well as orthopedic problems.

**Neck:** Should be straight up, not bent forward.

**Head:** Should be looking straight ahead, not turned to either side.

**Back:** Should be upright, properly supported by ergonomically designed chair & the person should be sitting right behind in chair sitting only on the front half of the seat causes back bending & lower backache.

**Arm, forearm:** Should not unduly be stretched.

**Wrist:** Should be floating in the air while working on keypad & resting on the wrist, rest when not in use. A sharp edge of the keyboard drawer often injures wrist while typing, it is better to keep the hand and forearm in straight position & avoid an angle at wrists.

**Thigh:** The hip joint should be at a level slightly higher than knees.

**Feet:** Should be placed, resting fully on the ground or footrest. Remember the best working posture. Is the posture without strain.