**Avoiding injury**

Upper and Lower Back Pain:

* Sit up straight and make sure the top of the screen is at your eye level.
* Make sure to take a break and move around every hour.
* Make sure that you sit in a seat with a way to support your back.

Repetitive Strain Injury (RSI):

* Rest your feet flat on the floor. If you cannot make sure to buy a footrest.
* Place your screen at eye level and directly in front of you.
* Position your keyboard in front of you.
* Position your mouse close to you.

Strain in Legs and Feet:

* Sit up straight.
* Adjust your seat to be comfortable.
* Make sure to bend your knees at a right angle.
* Rest your feet flat on the floor. If you cannot make sure to buy a footrest.

Eye Strain and Headaches:

* Follow the 20-20-20 rule: every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.
* Take a break every hour.
* Adjust the lighting.