

WRITING UNIT 3: GIVING ADVICE

First of all, Angela should have her back straight and touching the back of the chair. Buying a chair with a modifiable backrest or an ergonomic chair can also be a good idea. It is very important so that you do not have back pain.

I think the best thing to do is adjust the screen to eye level so you can keep your eyes centered and straight. that would be a good idea. It bad idea to have to turn your head a lot to be able to look at the screen you could have real problems.

I advise you to have your elbows supported and straight so that you can have your wrists well positioned when typing on the keyboard. In my opinion, buying an ergonomic mouse helps a lot to prevent wrist and hand problems.

Make sure you have good posture, sit comfortably and upright, and have your feet flat on the ground or secured to a platform.