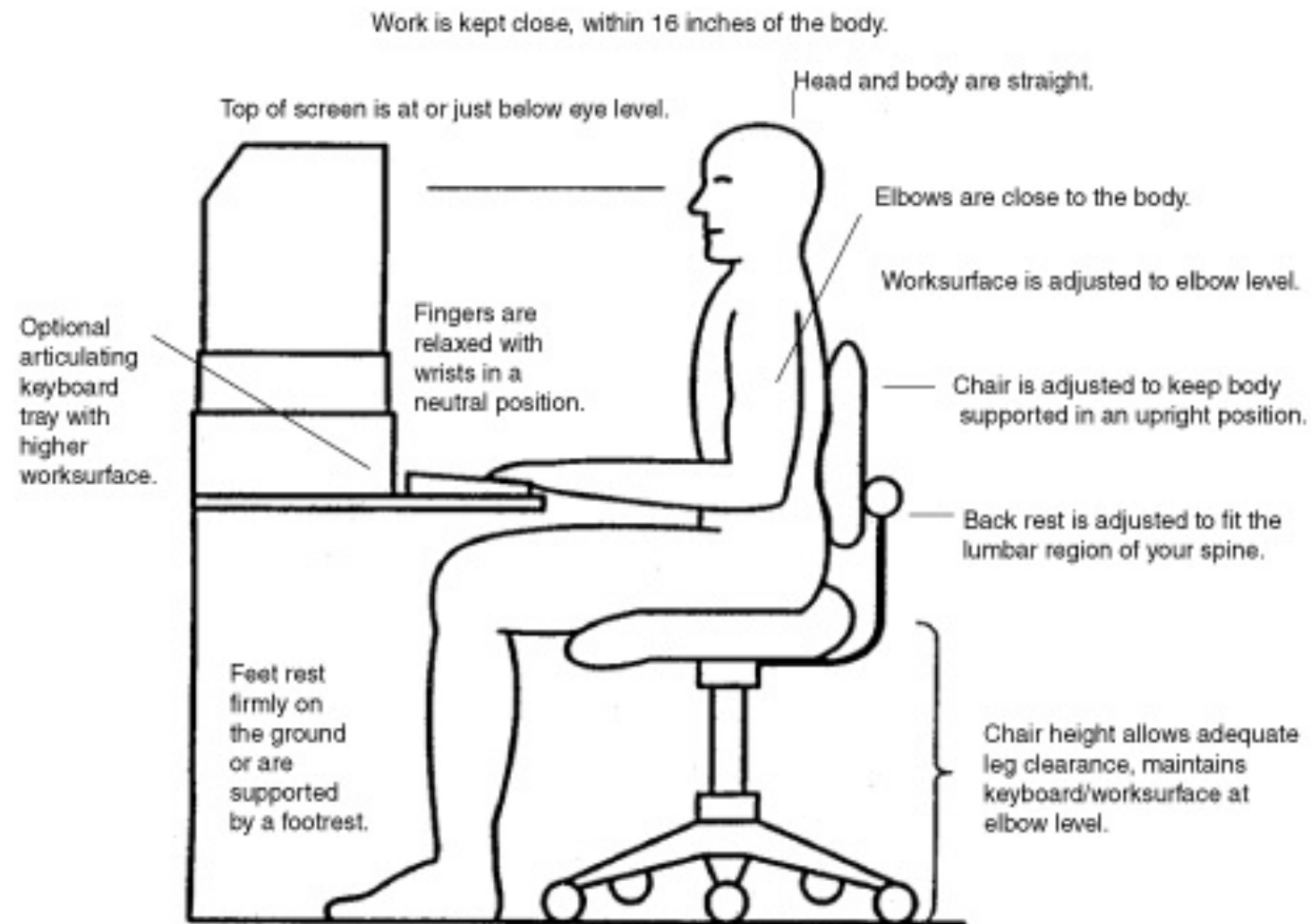


# ergonomic setup



# preventative measures

- take breaks
- open your arms when you sit at a keyboard for the first time
- take breaks
- you have 2 shift keys, use both
- take breaks
- stretch during your breaks
- exercise is good