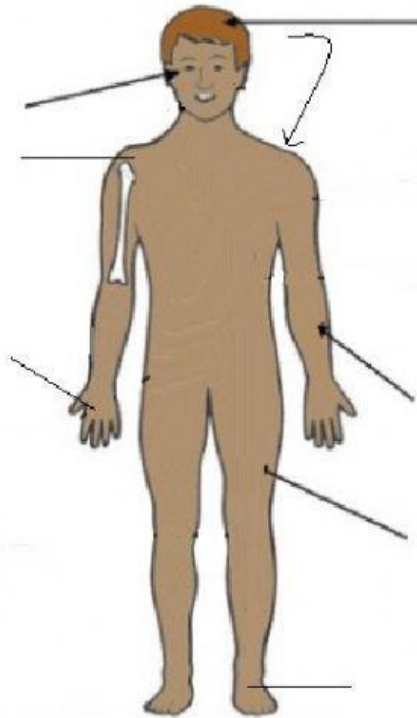


# Workstation health and safety

1) Complete with the parts of the body: EYE – FOREARM – HAND – FOOT – HEAD – BACK – THIGH – SHOULDER



2) Label this diagram with the advice 1-8.

1 There should be clearance under the work surface.

2 You should have your feet flat on the floor.

3 Make sure your forearms and hands are in a straight line.

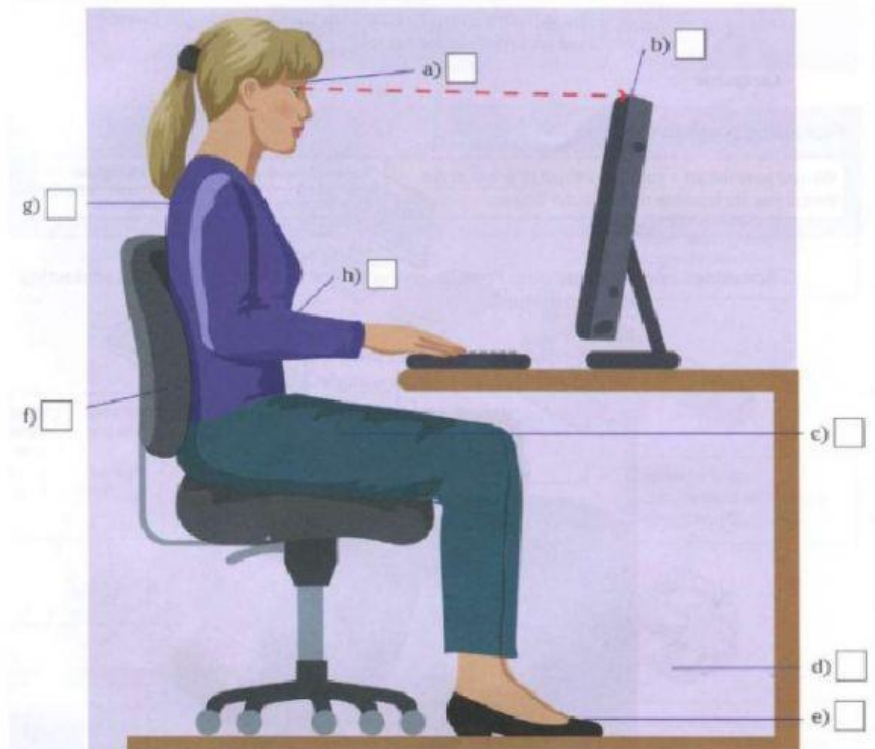
4 Your lower back should be supported.

5 Your screen should be positioned to avoid reflected glare.

6 Keep your shoulders relaxed.

7 You should have your thighs tilted slightly.

8 Make sure the top of the screen is at or slightly below eye level.



3) Answer these questions about the advice in 2.

1 Do you always follow the advice?

2 What other things can you recommend for good computer use?