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Always keep the computer screen at the level of your eyes or little below.

Pain in fingers and elbows.

Sit straight by leaning on to the back of the chair.

Pain in the eye, problems in eyesight and tearful eyes can occur.

Keep the keyboard and the mouse at the level of your elbow.

Pain in the eye, problems in eyesight and tearful eyes can occur.

The distance between your eyes and the computer screen should be between 18 and 28 inches.

Pain in backbone.

Keep your legs vertically and place your feet on the ground.

Strain in feet.