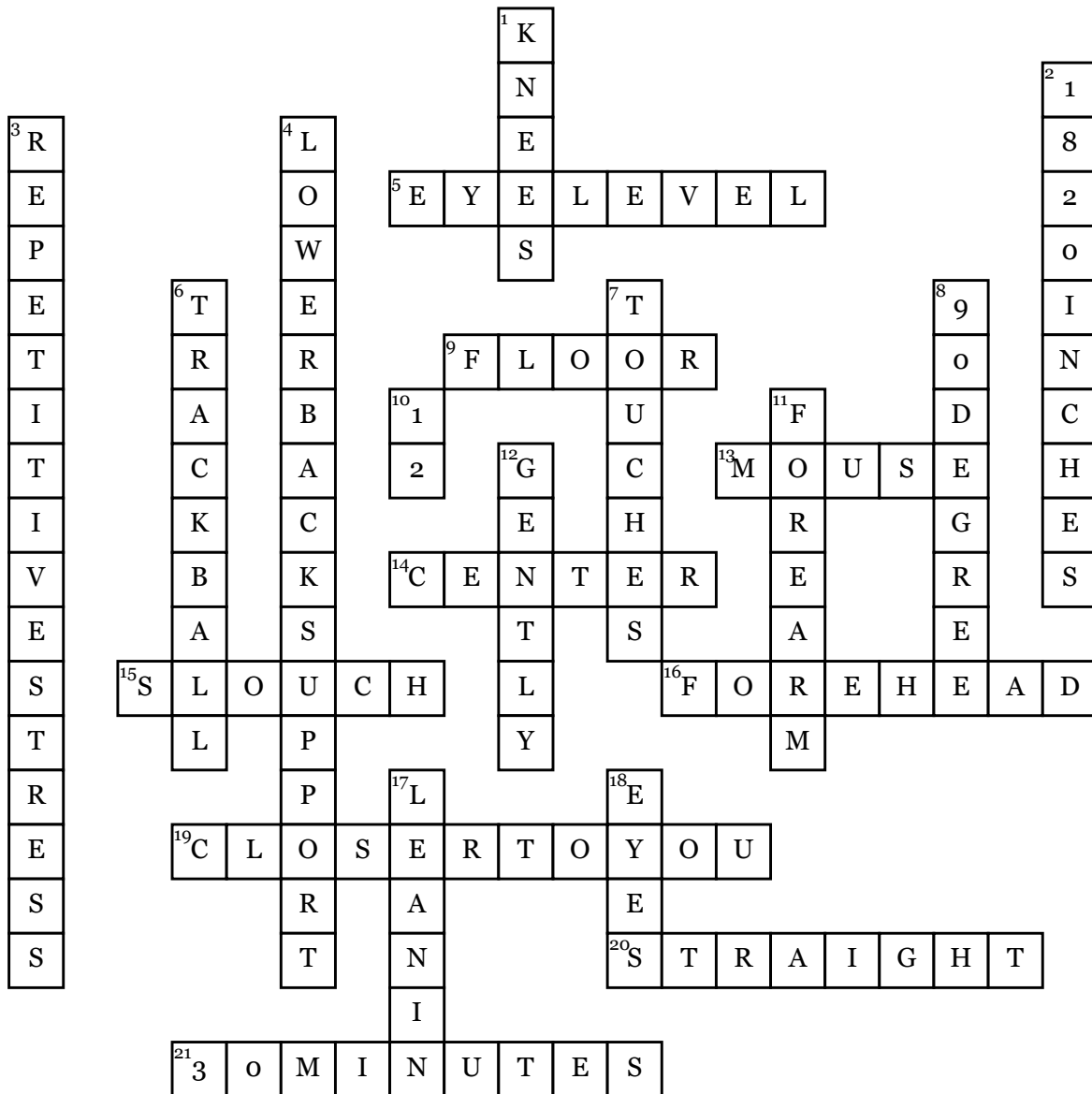


# Ergonomics



## Across

5. Position the screen at your \_\_\_\_\_
9. Your feet should rest on the \_\_\_\_\_
13. A small \_\_\_\_\_ can help support your right hand
14. Your behind should be in the \_\_\_\_\_ of the seat
15. Try not to \_\_\_\_\_ or lean
16. The top of the monitor needs to be level with your \_\_\_\_\_
19. If you feel you have to stretch your fingers to reach the keyboard, move it \_\_\_\_\_

20. Your wrists should be \_\_\_\_\_ not angled up or down

21. It is a good idea to take a break every \_\_\_\_\_ when working on the computer

## Down

1. Your legs should bend at the \_\_\_\_\_
2. Position the monitor \_\_\_\_\_ inches away from your face
3. Sitting in an unnatural way for too long can cause an injury called \_\_\_\_\_
4. The chair with a \_\_\_\_\_ can help

6. A \_\_\_\_\_ allows you a few use a few fingers instead of just one

7. Sit so your back \_\_\_\_\_ the seat back the whole time

8. Sit so your elbows are at \_\_\_\_\_ angles

10. Doctors recommend only \_\_\_\_\_ hours of screen time a day

11. Try to keep your fingers and wrists level with your \_\_\_\_\_

12. Fingers should rest \_\_\_\_\_ on the keys of the keyboard

17. You should not have to \_\_\_\_\_ to read what is on the screen

18. Start with your \_\_\_\_\_ by focusing on something faraway