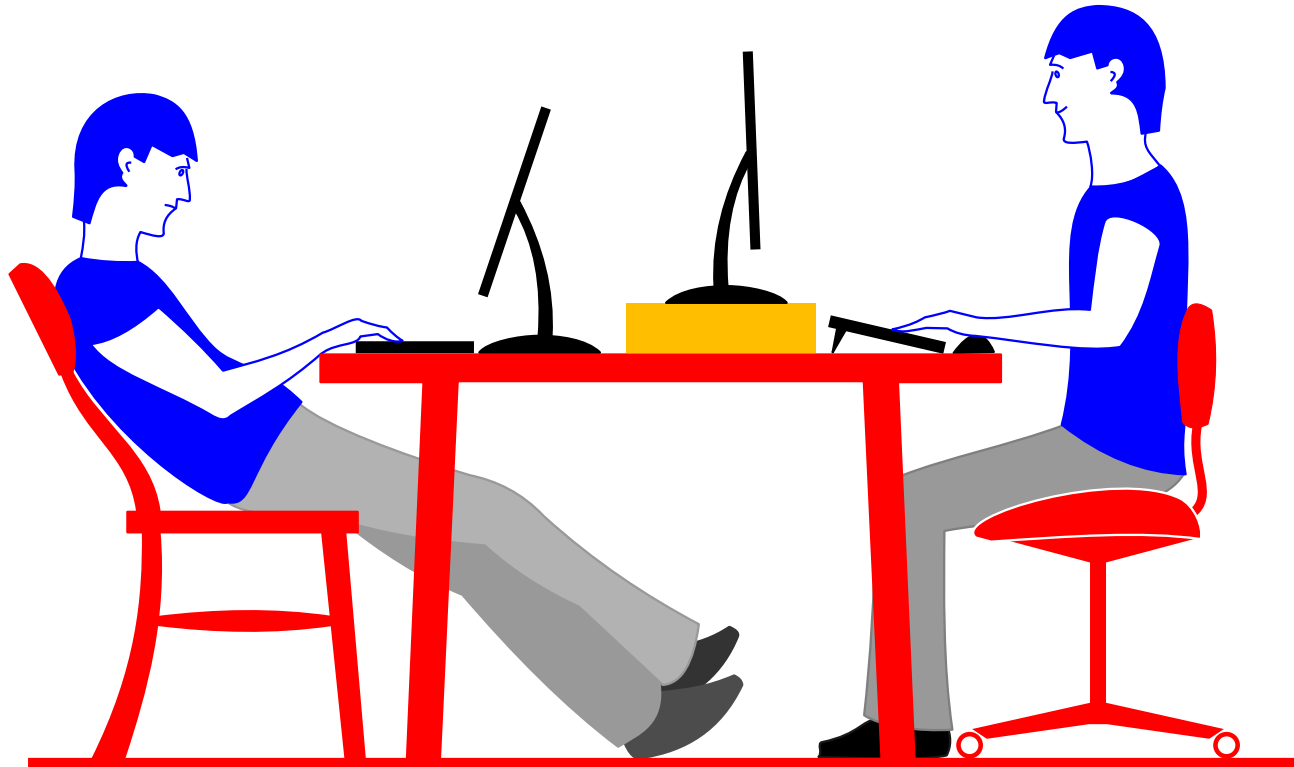


## PC Survival



Type of chair:  
 Adjustable back/seat  
 Office style  
 Not dining chair

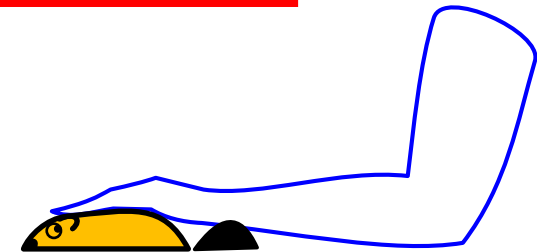
Lighting:  
 Don't put the PC in  
 front of a window  
 no light reflecting  
 on screen  
 Anti-glare screen

### PC Habits to adopt:

Get up and make a drink - move around on hourly intervals

Do you need glasses for PC work?

Varifocals/bifocals are no good because  
 they make you tilt your head at the wrong angle



### Mouse etiquette - How to treat your mouse:

Don't extend your wrist

Swap hands

Learn to touch type

Use a wrist rest