
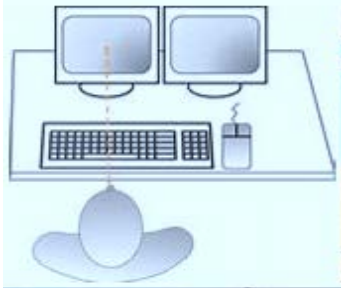

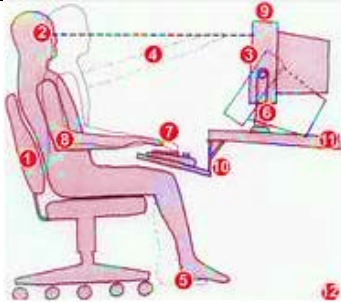


## Ergonomic Checklist

### Assessing the Monitor

Assessment	Example	Yes	No
Is your monitor directly in front of you, at arm's length, and in line with the keyboard?		<input type="checkbox"/>	<input type="checkbox"/>
Dual monitor users: Is your primary monitor (70%) positioned directly in front of you with the secondary monitor located to the right or left?		<input type="checkbox"/>	<input type="checkbox"/>
Are your eyes level with the top of the screen, head not tilted up or down and approximately an arm's length away?		<input type="checkbox"/>	<input type="checkbox"/>
Can you read all portions of the monitor without leaning forward?		<input type="checkbox"/>	<input type="checkbox"/>