Standing Position

**Shoulders:** Relaxed. Arms close to the side.

**Back:** Maintain Natural Curve.

**Elbows:** Bend approximately at a right angle.

**Wrist:** Straight, not angled up or down.

Vary Positions Move Around

Be Comfortable

Business Ergonomix, Inc

13223 Raven St NW * Mpls. MN * 612.581.4450 * bizergonomix@yahoo.com

www.businessergonomix.com