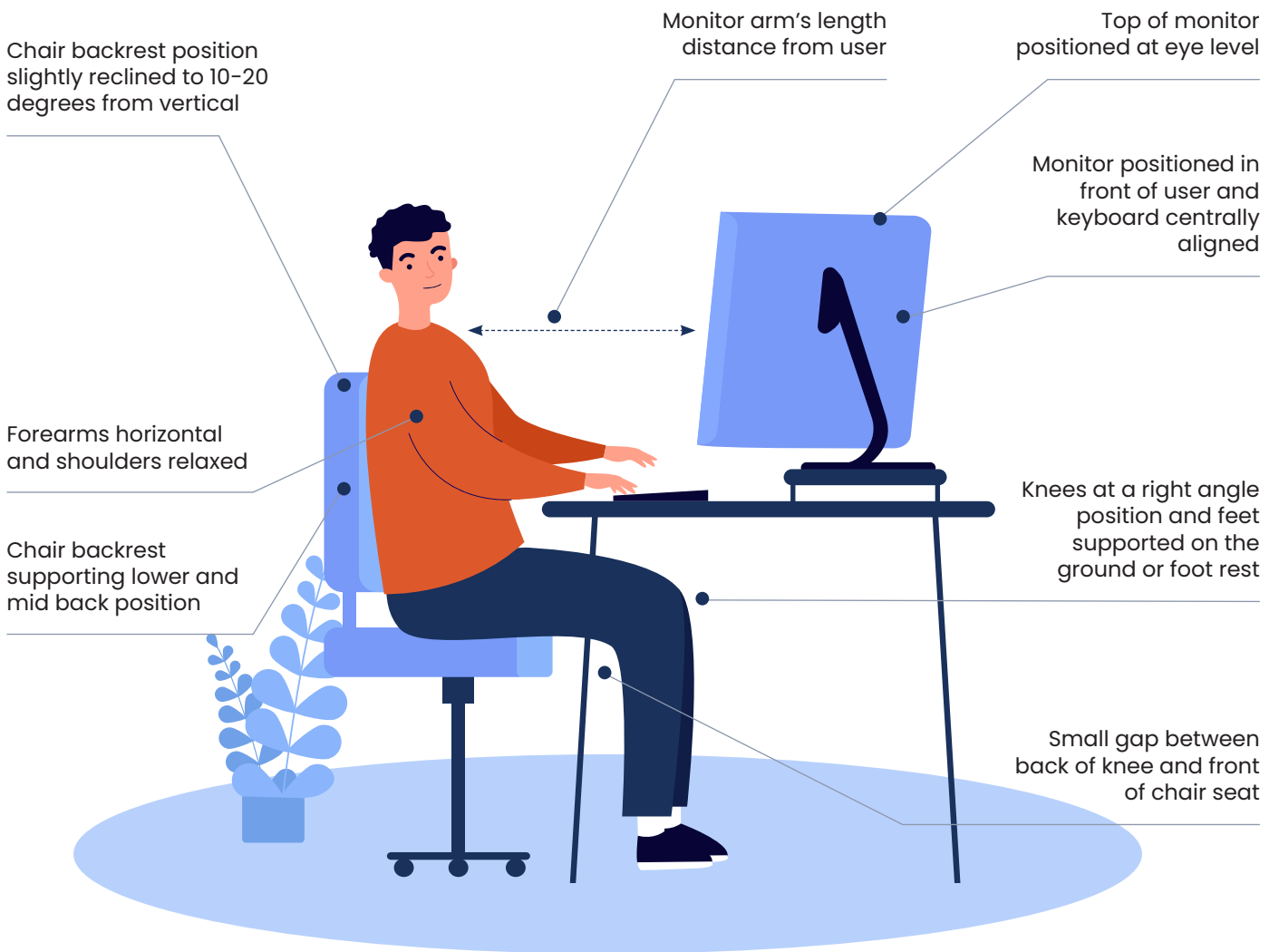


Ergonomics Tips: Sitting Workstation



Name:

Ideal dimensions:

Chair seat pan depth:

Chair seat pan height:

Desk height for sitting:

Notes: