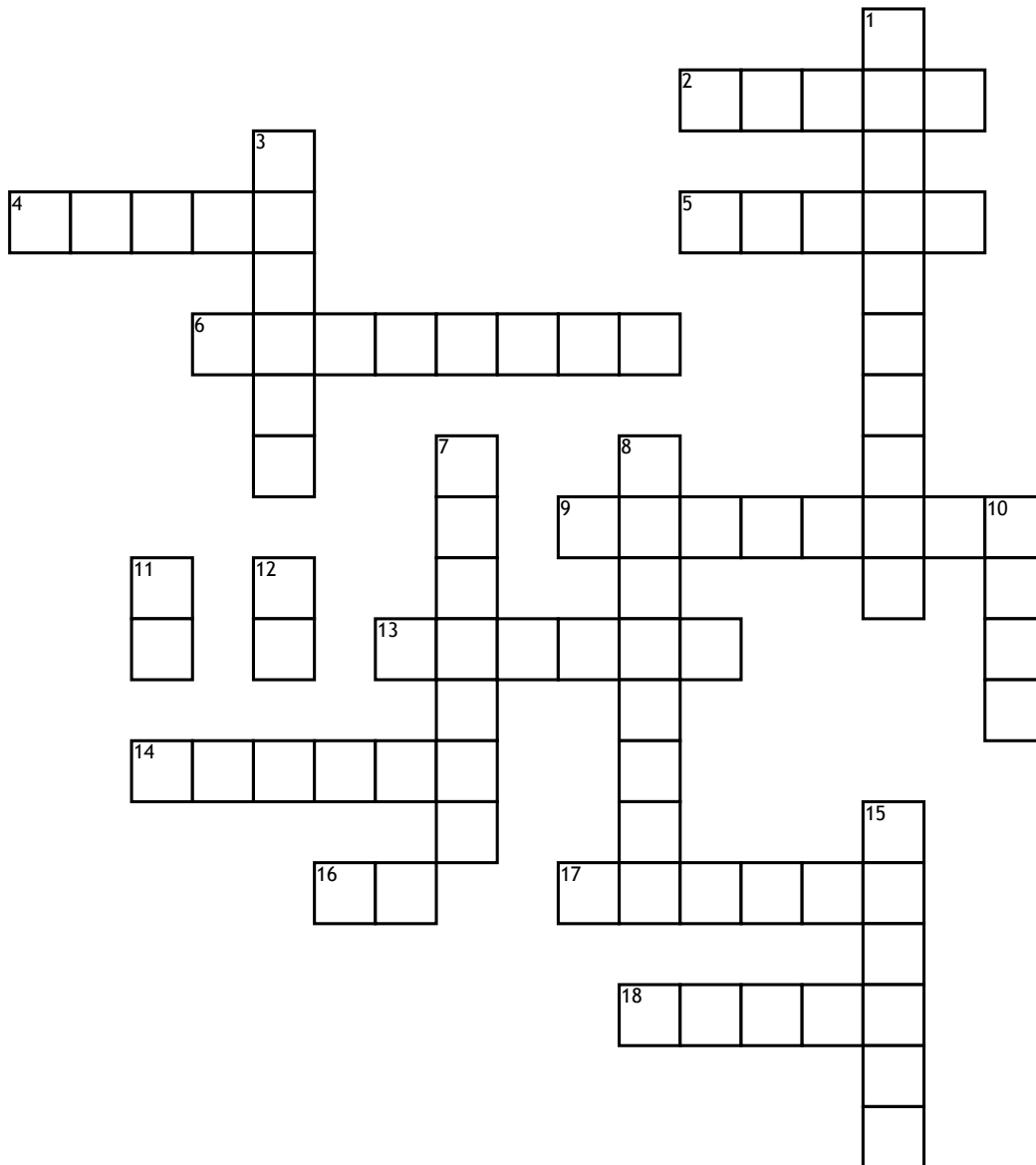


Ergonomics



Across

2. A chair with a _____ back support can help
 4. A small _____ can help support your right hand.
 5. Your legs should bend at the _____.
 6. Your wrists should be _____ not angled up or down
 9. Position the screen at your _____
 13. Fingers should rest _____ on the keys of the keyboard

14. If you feel you have to stretch your fingers to reach the keyboard, move it _____ to you
 16. Position the monitor _____ inches away from your face
 17. Try not to _____ or lean
 18. Your feet should rest on the _____

Down

1. Sitting in an unnatural way for too long can cause an injury called _____ stress.
 3. Your behind should be in the _____ of the seat.

7. Try to keep your fingers and wrists level with your _____
 8. The top of the monitor needs to be level with your _____
 10. You should not have to _____ to read what is on the screen
 11. Sit so your elbows are at _____ degree angles
 12. Doctors recommend only _____ hours of screen time a day
 15. It is a good idea to take a break every _____ minutes when working on the computer