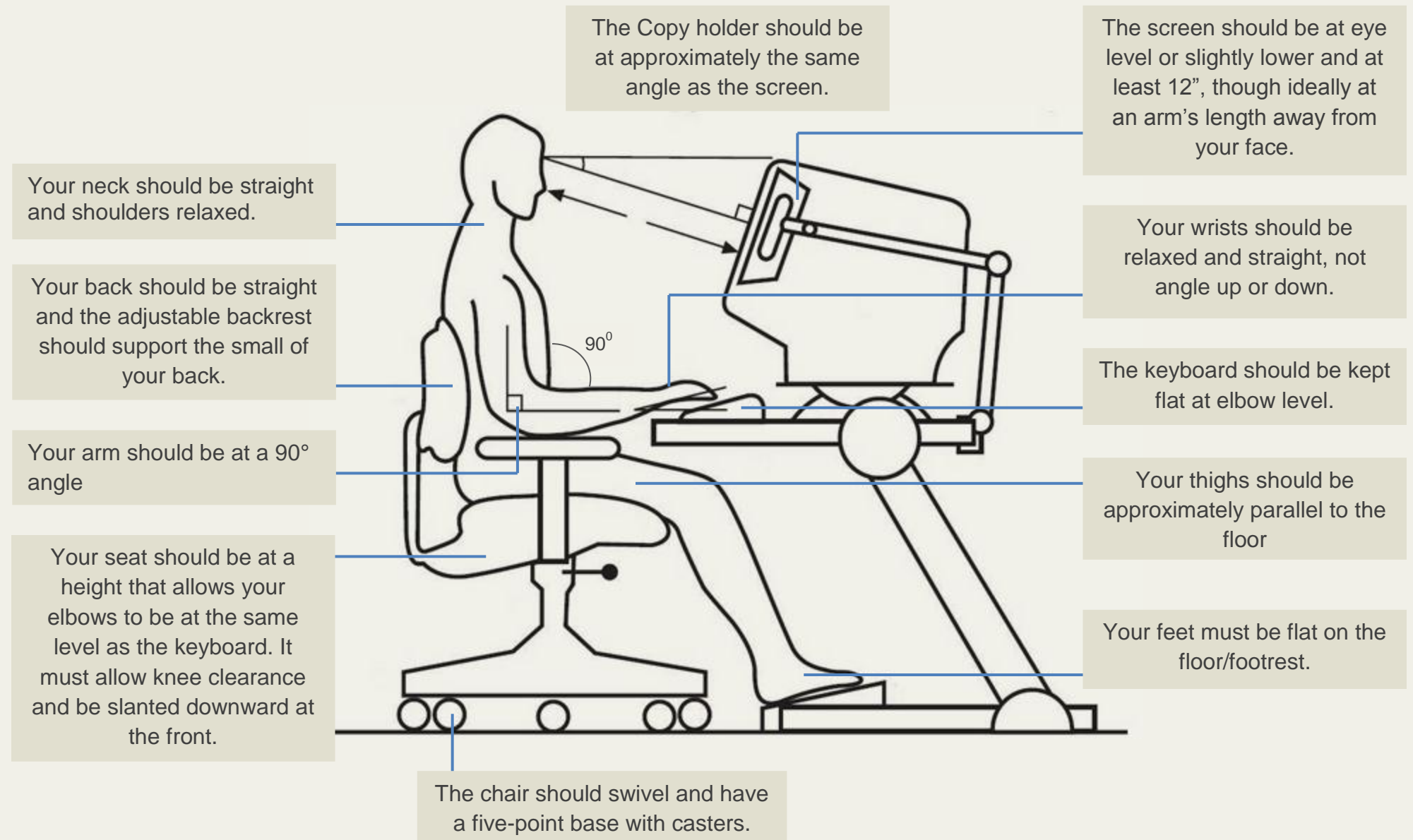


Setting up your workstation:

Employee H&S Guide for Setting up Workstation Ergonomically



Do not sit for long periods of time

Stand up, stretch and walk around regularly

Have at least 5 min change in activity from continuous display screen work every hour