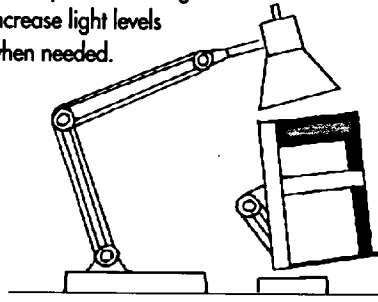


Your worksurface should be large enough to place all materials and equipment related to your current task within easy reach. To avoid back strain, it is very important that you avoid reaching behind you, so make sure that the reference materials and other supplies that you use often are placed in front of your shoulder line.

Use adjustable task lights to increase light levels when needed.



Use indirect lighting to eliminate shadows.

Try to see that you have sufficient room to move around your work area, then you will be able to stretch now and again and do some of the easy exercises that are featured later in this book.

