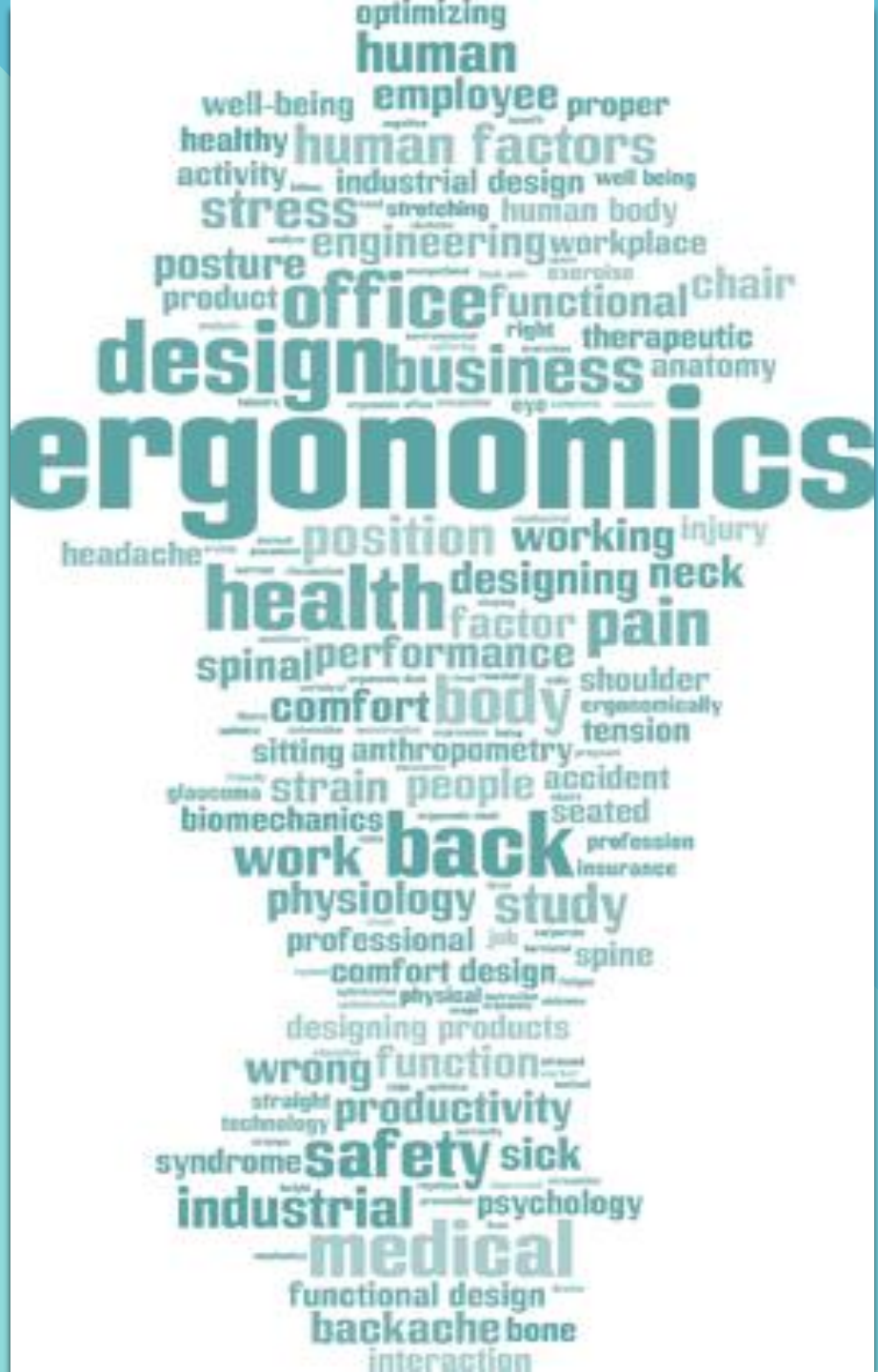


The Equipment

WHAT IS an *Ergonomic Setup*

WHAT IS in *The Market*





Ergonomic

01 Safe Design

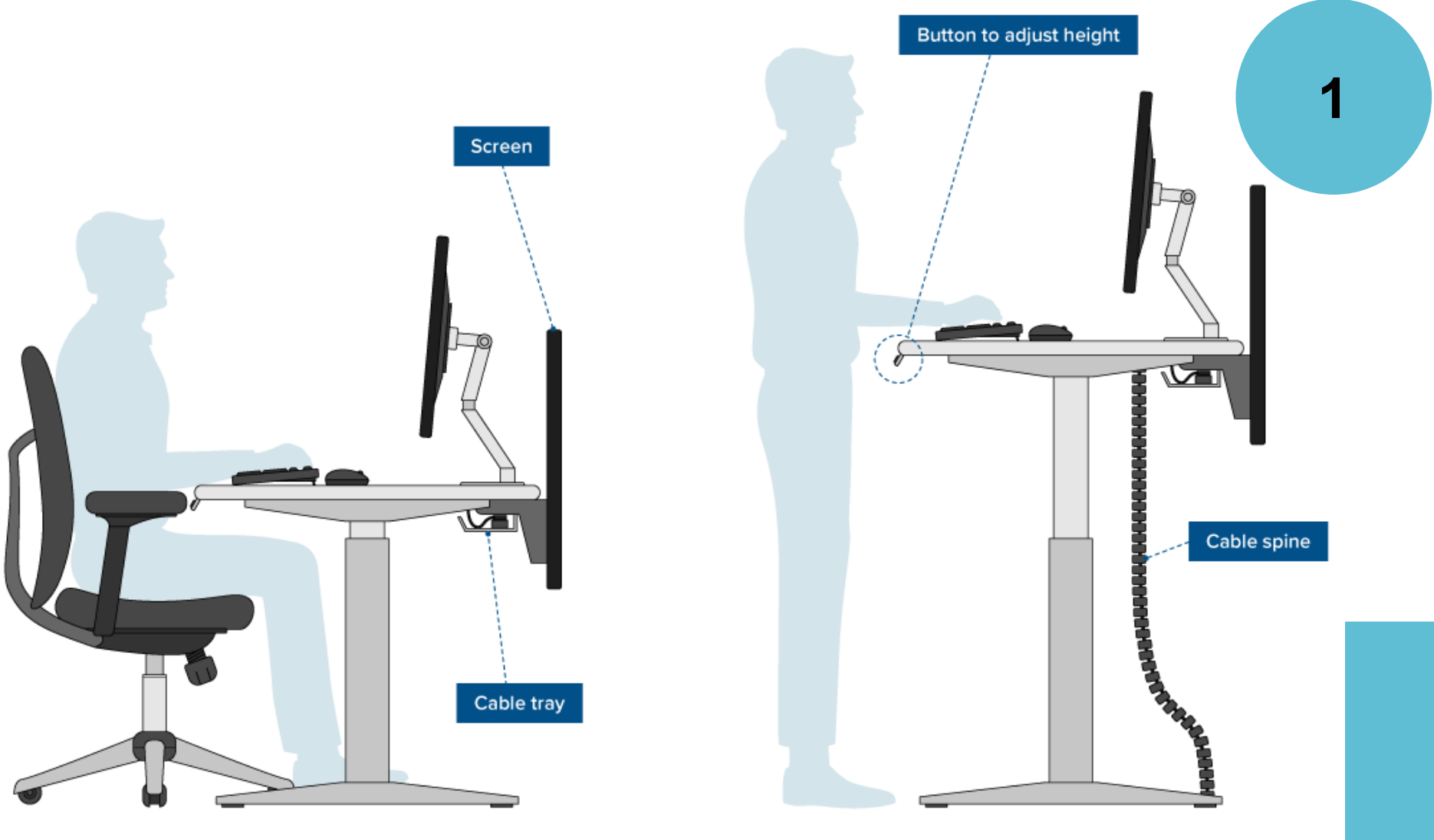
02 Efficiency

03 Comfort

04 Sustains working environment



Choosing a *Desk*...





Choosing a *Desk...*



Pros & Cons

Monitor *Raises, stands and brackets*

2





Brackets to support *a Laptop*



4



FOOT *Stools* ...



5



Chairs AND *Other seating...*

Chairs AND *Other seating*...

5



6



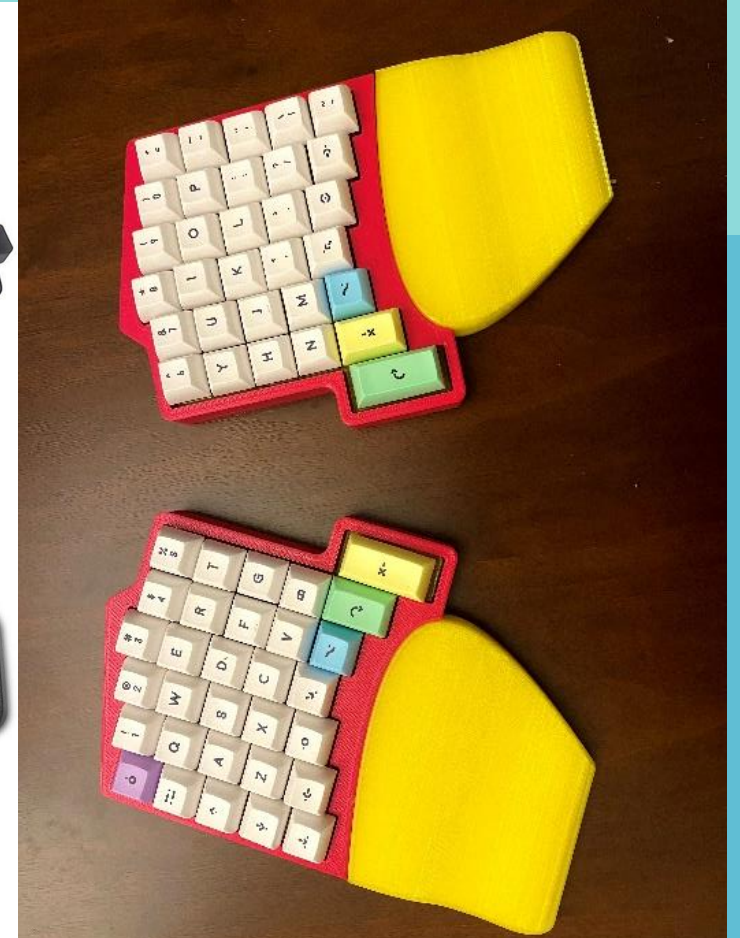
Choosing *a back support...*



7

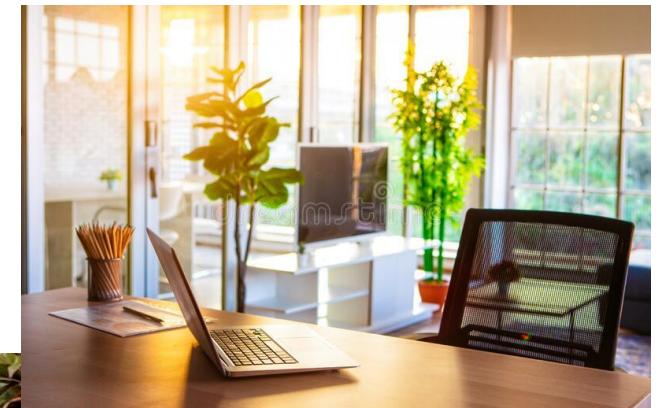
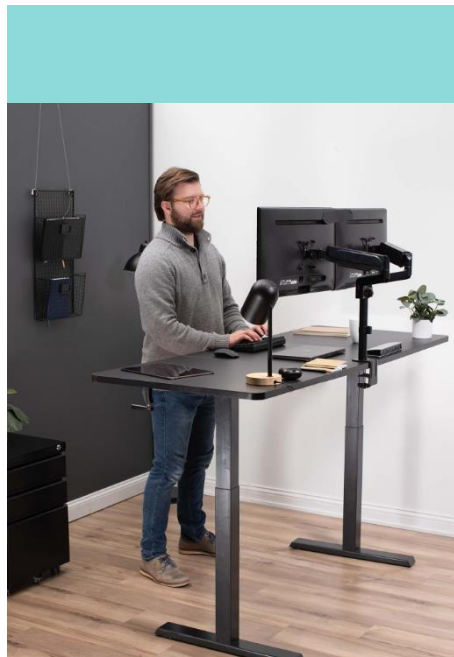
Choosing *the RIGHT* Mouse...

WHICH Keyboards are *Good* ?



Elbow supports ...





Last but not Least : The Lighting

Casting of *Shadows*



Take Home Message

DO NOT trim *the Foot*

SO AS to *Fit The SHOE*



Thank you ..

For your *Attention*

