

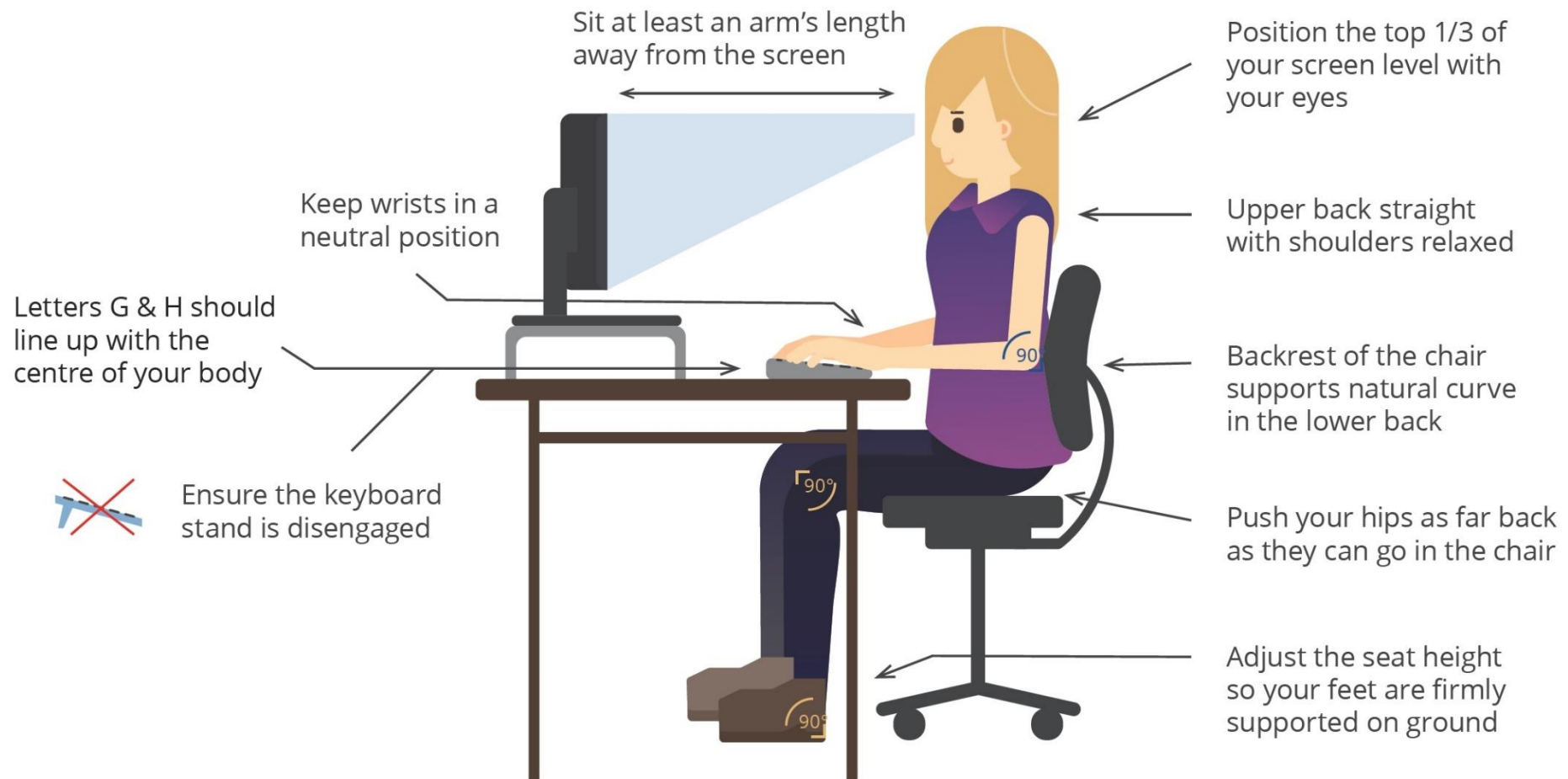
SETTING UP YOUR WORKSTATION

Correct Seating Posture



PERTH WELLNESS CENTRE

(08) 9321 1964



For a Personalized Ergonomic Assessment Visit www.perthwellness.com.au or Call (08) 9321 1964



REMEMBER!

- Change your posture at frequent intervals to minimise fatigue
- Take stretch breaks every 30 mins
- Avoid eye fatigue by resting and refocusing your eyes periodically (focus on a distant object)
- Perform regular maintenance work on your body
- Call up our clinic to book for your personalised on site Ergonomic Assessment.