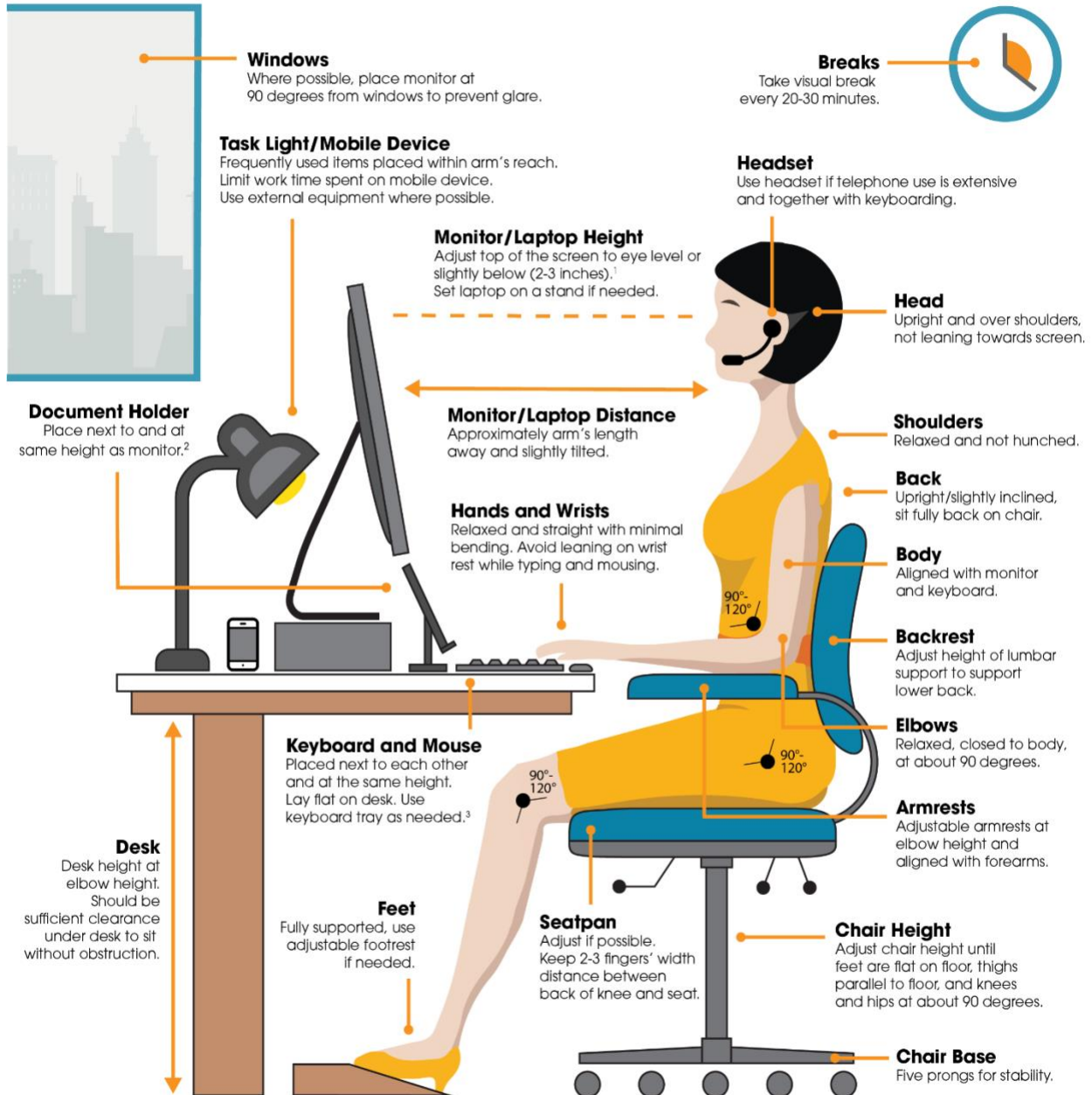


How To Set Up Your Office Workstation



Environmental Health and Safety
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Email: ehs.office@utoronto.ca
Phone: 416.978.4467

¹ Bifocal wearers may need to have screen set slightly lower.

² If using an inline document holder, place it directly below monitor and tilted towards you.

³ If using a keyboard tray, it should be flat or tilted slightly away from you.

Office Ergonomics: Seven Points to Look At

