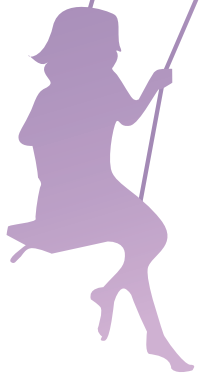


# DESK POSTURE



Is your head a good distance from the paper (not too close)?

Are your shoulders and arms relaxed?

Are your lower back, bottom and thighs supported by your chair?

Are your feet flat on the ground?

Is your non-writing arm supporting your weight? Is this hand holding the paper steady?

Is the forearm of your writing arm supported on the desk?

Do your knees make an angle of about 90°?

Are your thighs parallel to the ground?

