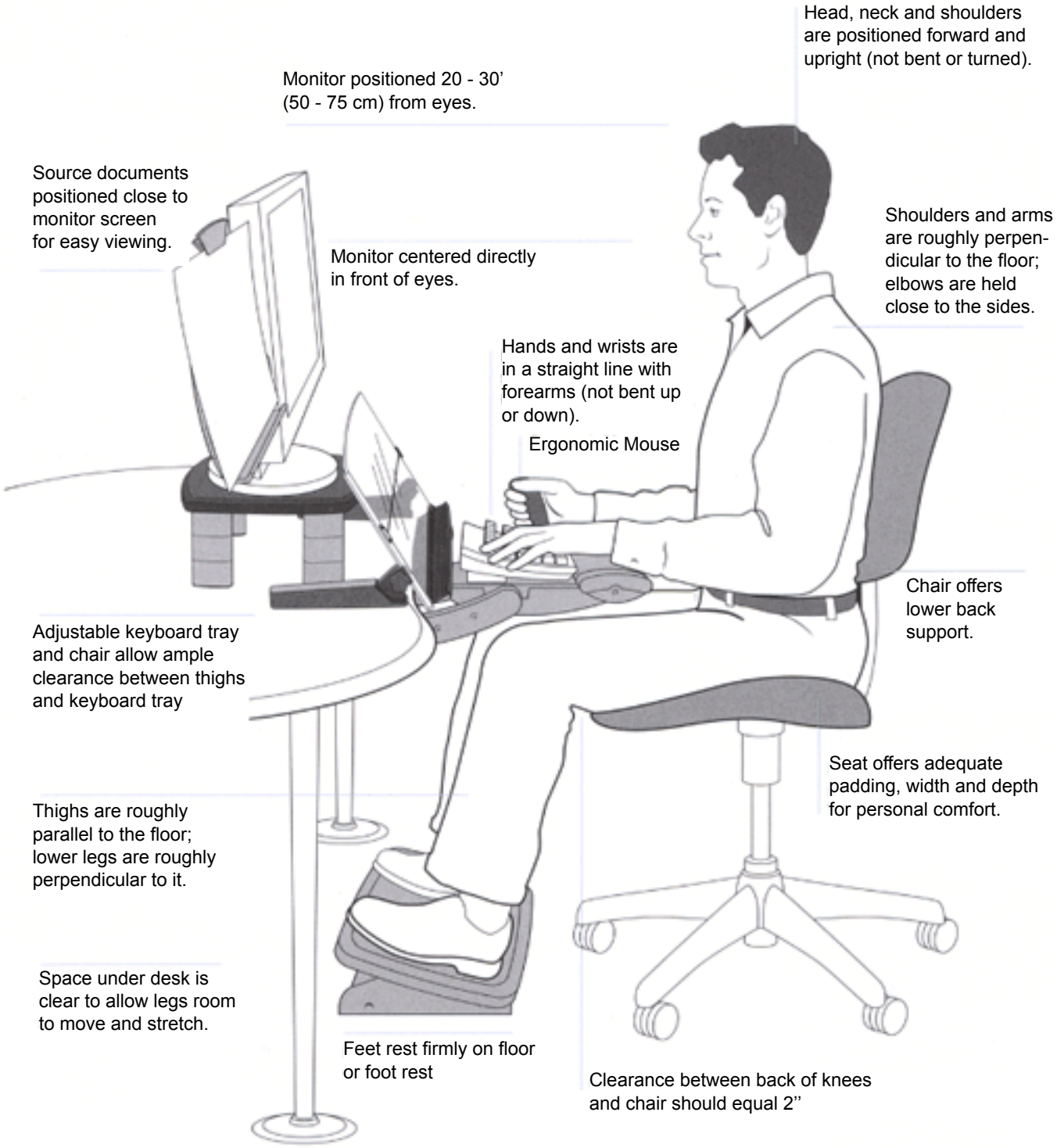
Optimal Personal Comfort

Use these guidelines to set up your workspace to ensure good ergonomic posture and to attain optimal personal comfort.