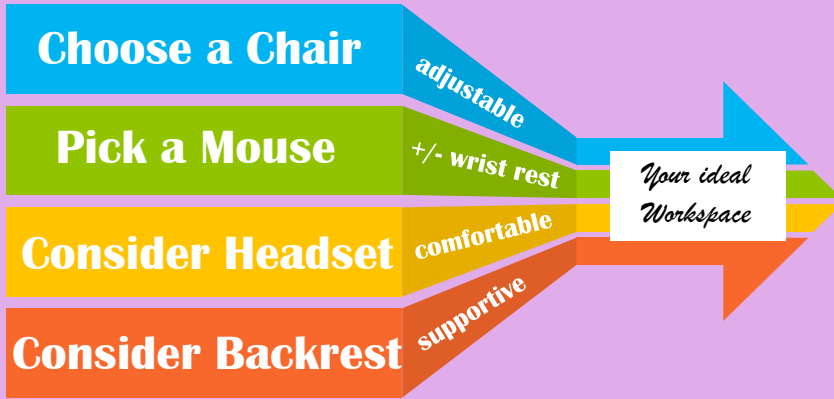


# Rad-vice for Telehealth

## Ergonomics Tips from Radiology



### Optimize your posture while seated in front of a computer

- Sit up straight, eyes at/above monitor level
- Arms bent with wrist + forearm rested on desk
- Legs at 90° (knees level with hips)
- Feet flat on floor or footrest

### Digital Eye Strain Prevention

- ✓ Clean Screen to minimize glare
- ✓ Proper lighting
- ✓ Blue-light blocking glasses
- ✓ Blink often and take breaks

Consider standing desks based on your preference

Periodic stretches can decrease fatigue and prevent injury



- Back extension
- Neck/shoulder rolls
- Arm/wrist rolls
- Quad/ankle Stretch

