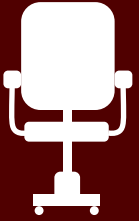


Physical Strategies to Support Learning

Setting Up Your Study Table



Use arm rests to avoid future shoulder pains and keep the arms at a 90° angle from the table.

Computer screen should be arm's length away.



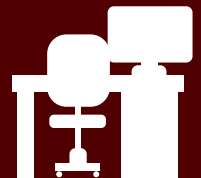
If needed, use a footrest to ensure feet are flat.

Keep under-desk clear so your legs have space.



Top of screen should be near eye level height.

Adjust height of either table or chair so feet can rest flat on the floor.



Avoid recliners, couches and beds because they are too comfortable.

