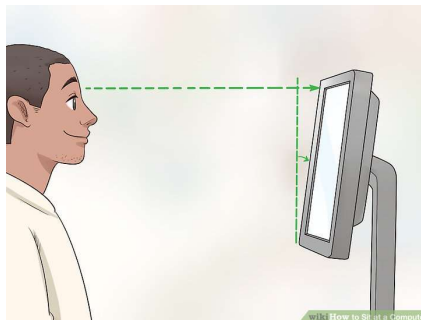# Ergonomics

Sit using the ideal posture

Adjust the monitor height and tilt if possible

Use the 20/20/20 rule to avoid eye fatigue

Take small breaks during your workday to release muscle tension.

Exercise your hands to avoid carpal tunnel syndrome

https://www.wikihow.com/Sit-at-a-Computer