Week 6: Physical Space

- Eyes looking forward
- Head and neck straight
- Wrist straight, with fingers in line with forearm
- Upper arm is relaxed
- Forearm parallel to the floor
- Spine straight
- Feet on the floor

<table>
<thead>
<tr>
<th>Arm Positions</th>
<th>Wrist Positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Correct</td>
<td>Correct</td>
</tr>
<tr>
<td>Incorrect</td>
<td>Incorrect</td>
</tr>
</tbody>
</table>

Correct
Monitor height is good. Neck is straight.

Incorrect
Monitor is too high. Neck is bent.

Incorrect
Monitor is too low. Neck is bent.
