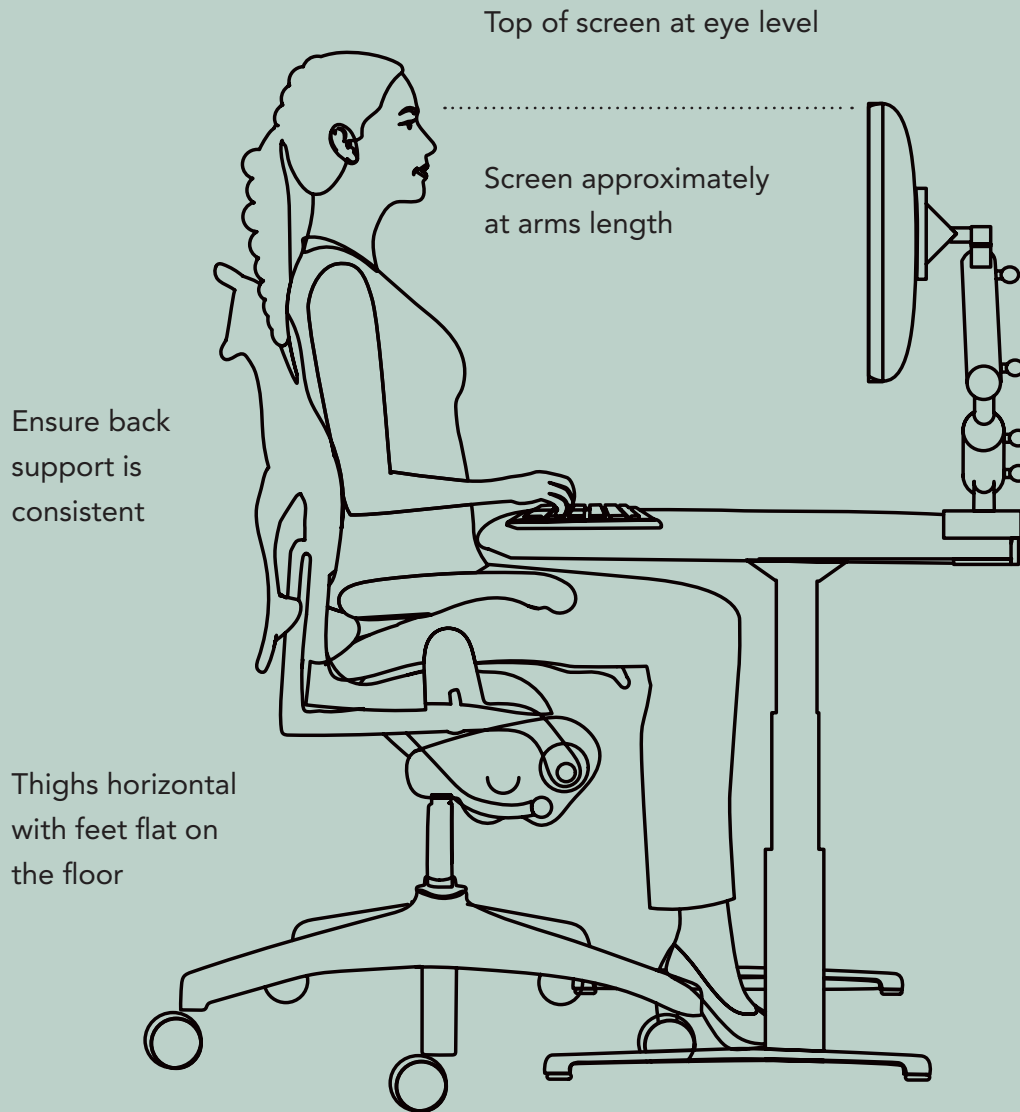


REDUCE EYE, NECK AND BACK STRAIN

Wellness in the workplace



Avoiding a Slouched Posture

6hrs 40mins* is the average daily screen time for computer users worldwide, so getting your screen setup correctly is vitally important. Studies** have shown that when we sit in slouched positions, our brains have to work harder to keep the same levels of performance.

*Meltwater Digital 2024 Global Overview Report

**[pmc.ncbi.nlm.nih.gov/articles/PMC3973903/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC3973903/)

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