TAKECAKEAWORLOW

AVOID EYE FATIGUE ALWAYS REMEMBER...

SIT STRAIGHT YOUR BACK WILL THANK YOU

Work with black text on a white background

Adjust the brightness of your screen

Take breaks to rest your eyes

Sit up straight with your back resting on the back of your chair

Support your feet flat on the ground or use a footrest

Keep keyboard and mouse at the same height as your elbows





Change your posture throughout the day.



Get up and walk!



DRINK AT LEAST
2 LITRES OF
WATER A DAY

Drinking water regularly helps you stay hydrated.

Concentration levels will be higher and you will enjoy more energy and vitality.



Smiling encourages a more enjoyable working environment.

Even if it seems crazy, smiling helps release stress and anxiety.

It is a necessary source of wellbeing and quality of life.

It helps your physical and mental health immediately.



