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# Remote Work Ergonomics Checklist

Please check the corresponding box once you have completed a task.

| Items              | Considerations                                                                                                                    | Check                    |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Computer/Laptop    | Adjust the monitor to eye level to reduce neck strain and eye discomfort.                                                         | <input type="checkbox"/> |
|                    | Set the brightness and contrast levels of your monitor to minimize eye strain, especially during prolonged use.                   | <input type="checkbox"/> |
|                    | Opt for clear and legible fonts with an appropriate text size to enhance readability and reduce eye fatigue.                      | <input type="checkbox"/> |
| Keyboard and Mouse | Look for features such as a split design, adjustable tilt, and cushioned palm rests to support a natural hand position and reduce | <input type="checkbox"/> |

# Checklist Automation Remote Work

**Puja Mehta**



## **Checklist Automation Remote Work:**

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Checklist Automation Remote Work** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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