



Company Email Address
Company Website
Company Number
Company Social Media

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.	☐
	Set the brightness and contrast levels of your monitor to minimize eye strain, especially during prolonged use.	☐
	Opt for clear and legible fonts with an appropriate text size to enhance readability and reduce eye fatigue.	☐
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	☐

Checklist Automation Remote Work

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Kaur, Ashok Madhvarayan, Sriram
Rajamanickam**

Checklist Automation Remote Work:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **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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