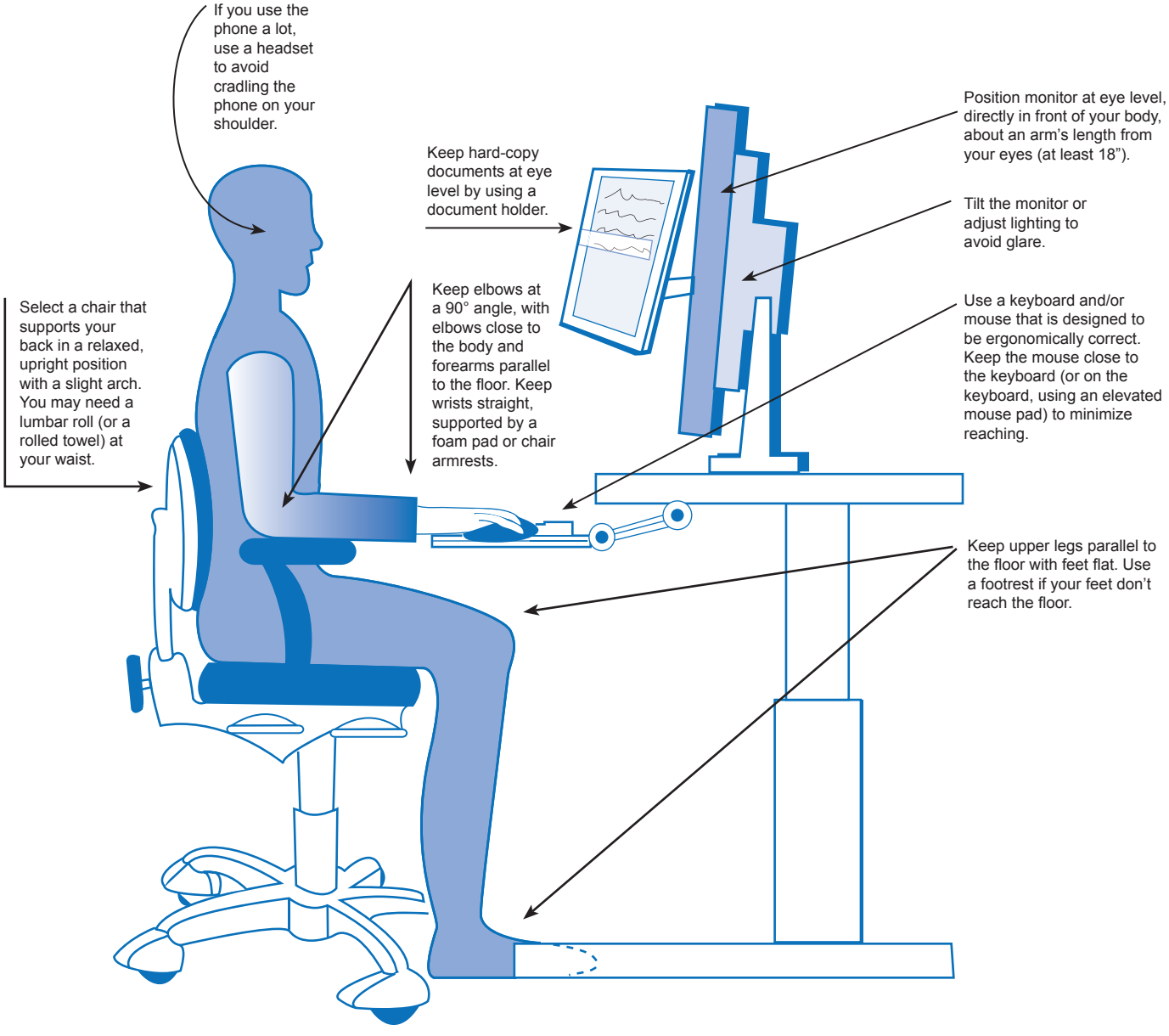
Arrange Your Workstation

Every time you work, take time to adjust workstations that aren't quite right in order to minimize awkward and frequently performed movements.



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