

SAFETY BINGO

THIGHS HORIZONTAL	4	BACK STRAIGHT	SUPPORT ARM	MONITOR AT ARM LENGTH
8	TAKE BREAKS	PROPER ADJUSTMENT OF CHAIR	6	SHOULDERS RELAXED
Stretch	Take short breaks every 20 to 30 minutes	FREE	6	KEEP FEET FLAT ON FLOOR
KEY BOARD AT CONFORTABLE HEIGHT	SUPPORT BACK	Keep objects you use often - such as the phone stapler	ELBOWS AND KNEES AT 90 DEGREE	PAPER EASY TO LOOK AT
Change posture	8	PROPER ADJUSTMENT OF SCREEN	Walk around	9

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Take short breaks every 20 to 30 minutes	6	SUPPORT ARM	8	PROPER ADJUSTMENT OF CHAIR
BACK STRAIGHT	Walk around	MONITOR AT ARM LENGTH	8	SHOULDERS RELAXED
KEY BOARD AT COMFORTABLE HEIGHT	6	FREE	KEEP FEET FLAT ON FLOOR	4
ELBOWS AND KNEES AT 90 DEGREE	PROPER ADJUSTMENT OF SCREEN	THIGHS HORIZONTAL	9	SUPPORT BACK
Keep objects you use often - such as the phone stapler	PAPER EASY TO LOOK AT	Stretch	TAKE BREAKS	Change posture

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8	PROPER ADJUSTMENT OF SCREEN	6	PAPER EASY TO LOOK AT	6
THIGHS HORIZONTAL	KEY BOARD AT CONFORTABLE HEIGHT	Keep objects you use often - such as the phone stapler	TAKE BREAKS	MONITOR AT ARM LENGTH
Stretch	9	FREE	SUPPORT BACK	ELBOWS AND KNEES AT 90 DEGREE
Take short breaks every 20 to 30 minutes	SHOULDERS RELAXED	SUPPORT ARM	Walk around	BACK STRAIGHT
KEEP FEET FLAT ON FLOOR	4	PROPER ADJUSTMENT OF CHAIR	8	Change posture