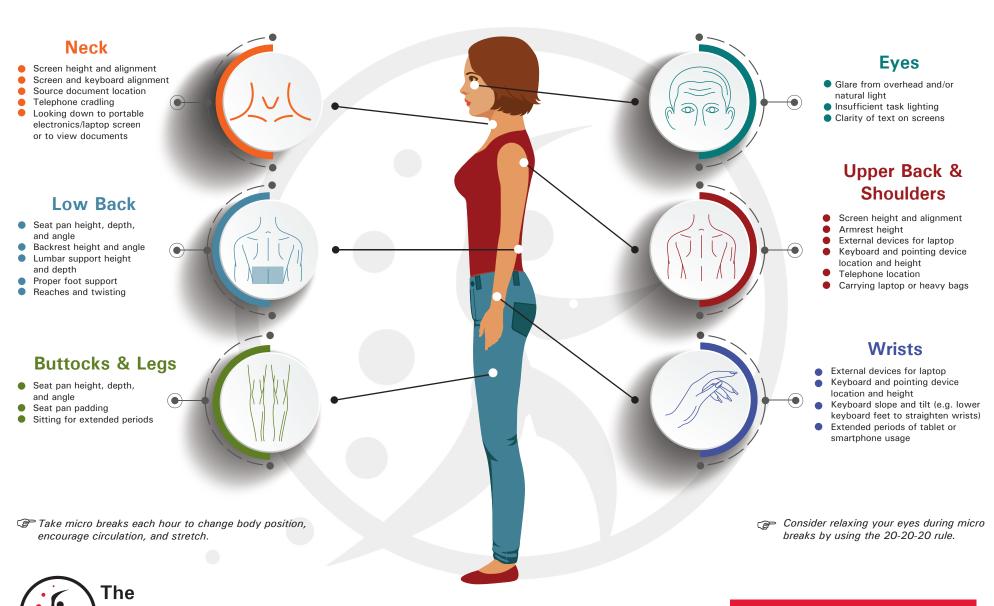
## Office Ergonomics: Troubleshooting Discomfort

If you are experiencing discomfort, reference these possible sources in your office. Office Workstation and Office Chair Adjustments handouts can be can be referenced for chair and workstation benchmarks.



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