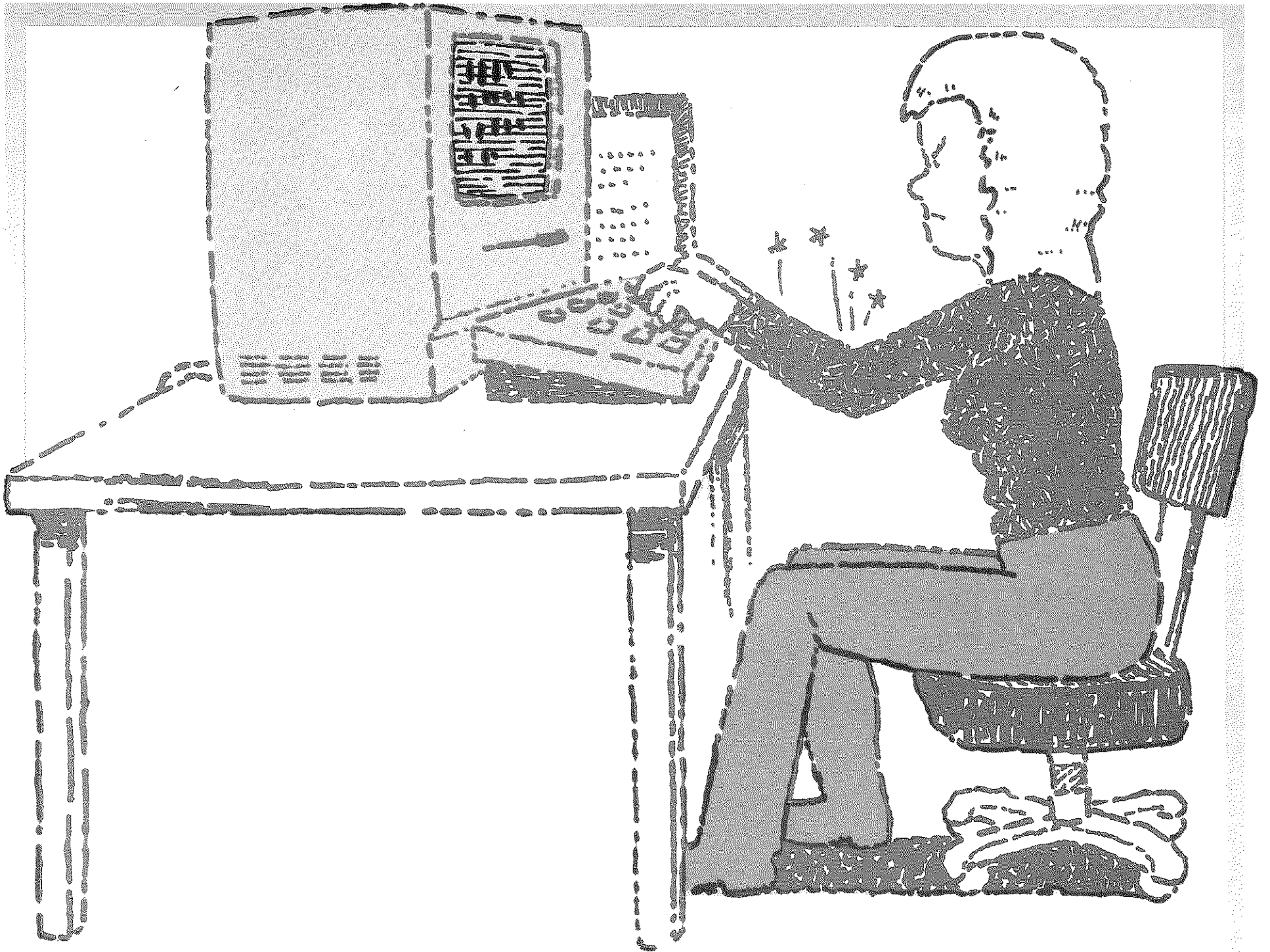


# IS THIS YOU? SLOPING SALLY



**I**mproper slope of your arms from elbows to wrists can cause fatigue and muscle aches. When you place your hands on the keyboard, there should be a gentle upward slope from your elbows to your fingers. If that slope is too high or too low, you need to make some adjustments to your work station. Usually raising or lowering your chair, or your machine, will take care of the problem.