

- The chair should be on a wide base, able to swivel, and adjustable in height. The backrest should be adjustable up and down and also forwards and backwards. The front edge of the seat cushion should be rolled down, and the seat should have a cloth covering with firm padding.
 - To help prevent muscle fatigue, occasional minor shifts in posture or getting up and moving around is advisable.
 - To reduce eye fatigue, wear proper glasses (if required) and take "VDT" breaks.
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The diagram illustrates a mechanical linkage for adjusting the height of a desk. A central vertical rod connects two horizontal arms. The top arm is attached to a desk panel, while the bottom arm is connected to a seat pan. A chain and sprocket system is used to transfer motion from the vertical rod to the seat pan. Labels include 'ADJUSTABLE CHAIN MECHANISM' for the vertical rod, 'SEATED POSITION FRONT' for the seat pan, 'STANDING POSITION BACK' for the desk panel, and 'MECHANICAL' and 'TO DESK' pointing to the vertical rod.

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The diagram illustrates the Headgear System with several adjustment points:

- ADJUSTABLE MOUNT**: Located at the top center.
- ADJUSTABLE CHAIN HEIGHT**: Located on the right side.
- PERPENDICULAR TO A COR**: Located on the left side.
- EYE LEVELING**: Located on the left side.
- WHITE ELEPHANT**: Located on the left side.
- SP**: Located on the front center.
- SP'**: Located on the front center.
- 16 mm 227**: Located on the left side.

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The diagram illustrates a height-adjustable desk setup. A person is seated at a desk with their feet flat on the floor. The desk has an adjustable height feature. Various dimensions are labeled: 'EYE LEVEL' (16" to 22"), 'WHEEL RELEASE' (distance from the front edge of the desk), 'SIT-TO-STAND' (the height difference between the desk's standing and sitting positions), 'PERSPECTIVE' (angle of the desk relative to the floor), and 'ADJUSTABLE RACKERET' (the height of the desk's support structure). The desk also features an 'ADJUSTABLE CHAIR HEIGHT' mechanism.

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