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## **Ergonomic Quick Fix List for Workstations**

### **FOOT REST**

Phone books  
Box  
Two 3-ring binders placed together  
Shelf

### **BACK SUPPORT**

Small pillow or cushion  
Rolled up bubble wrap from packaging  
Rolled up towel

### **MONITOR STAND**

Phone books  
Ream of paper  
Wooden shelf/platform  
Computer Printouts

### **WRIST REST**

Bubble wrap strip covered with fabric  
High density foam strip  
Rolled up hand towel

**CREATIVITY & IMAGINATION IS THE KEY!**