

Get In the Zone!

Make work easier and more comfortable by creating access zones in your desk setup. By organizing your tools into primary, secondary, and tertiary zones, you will naturally adopt and change your posture to avoid repetitive strain, and create an efficient workspace.



ZONE 1

Repetitive Access: *mouse, water, paper and pens...*



ZONE 2

Occasional Access: *hand sanitizer, phone, stapler...*



ZONE 3

Seldom access: *monitor, calendar...*



The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.