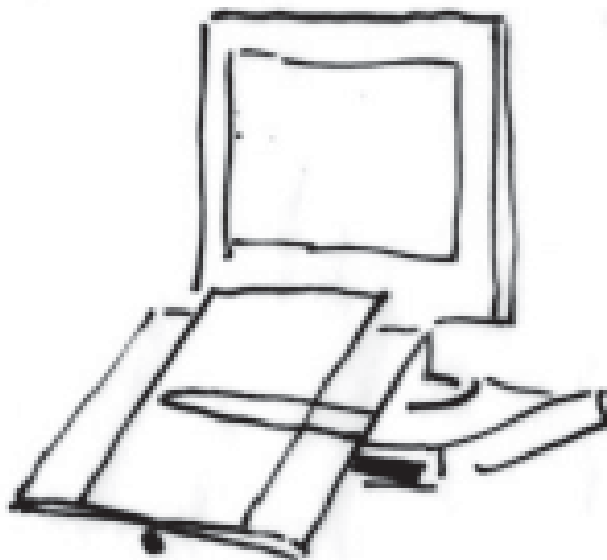


Use document holder to help improved neck and shoulder posture



Content from the MSD Prevention Guideline for Ontario, Book 3A (2007).