Typing Tips

Posture is important!

Is this YOU? - The DON'T file

Don't slouch.
Sit properly.
Keep your back and neck straight.

DON'T strain your eyes.
Make sure you have proper lighting.
Overhead lighting is best.

Don't stay glued to the computer for hours.
Get up and walk around the room every 20 minutes.
Give your eyes a rest and stretch your body.

The fun way to master typing.