

The background of the top half of the page is a blurred office desk. In the foreground, a silver computer monitor is visible on the left, and a white keyboard is in the center. To the right, there are papers and a red pen. In the background, a white shelving unit holds various office supplies. The bottom half of the page is a solid blue gradient.

HOW TO TAKE OCCUPATIONAL IMAGES

1

TAKE 2 PICTURES OF YOUR WORKSPACE

a. **One Picture from the Side:** To show the side of your desk, the side of your chair, and what is in front of and behind your desk.

> The purpose of this image is to see your workspace from the side



1

TAKE 2 PICTURES OF YOUR WORKSPACE

a. **One Picture from the Front:** To show the front of your workspace, the front of your desk and chair, and what is behind your desk.

> The purpose of this image is to see your workspace from the front



2

TAKE 2 PICTURES OF YOU IN YOUR WORKSPACE

a. **One Picture from the Side:** Take a picture from the side again, sit in your normal posture (your most comfortable posture that you sit in most commonly).

> The purpose of this image is to see your normal posture from the side in your workspace



2

TAKE 2 PICTURES OF YOU IN YOUR WORKSPACE

a. **One Picture from the Front:** Take a picture from the front again, sit in your normal posture (your most comfortable posture that you sit in most commonly).

> The purpose of this image is to see your normal posture from the front in your workspace



3

TIPS FOR TAKING A GOOD PICTURE

- a. Hold the camera steady
- b. Ensure there is adequate light in the room
- c. Make sure you can see from the bottom to the top of the desk, chair, and surrounding workspace
- d. Please do not take a “selfie” image, have someone take pictures of you in your workspace
- e. When taking pictures of your posture, please be natural and comfortable, don't try to change your posture
- f. Hold the phone in “landscape” (horizontally)