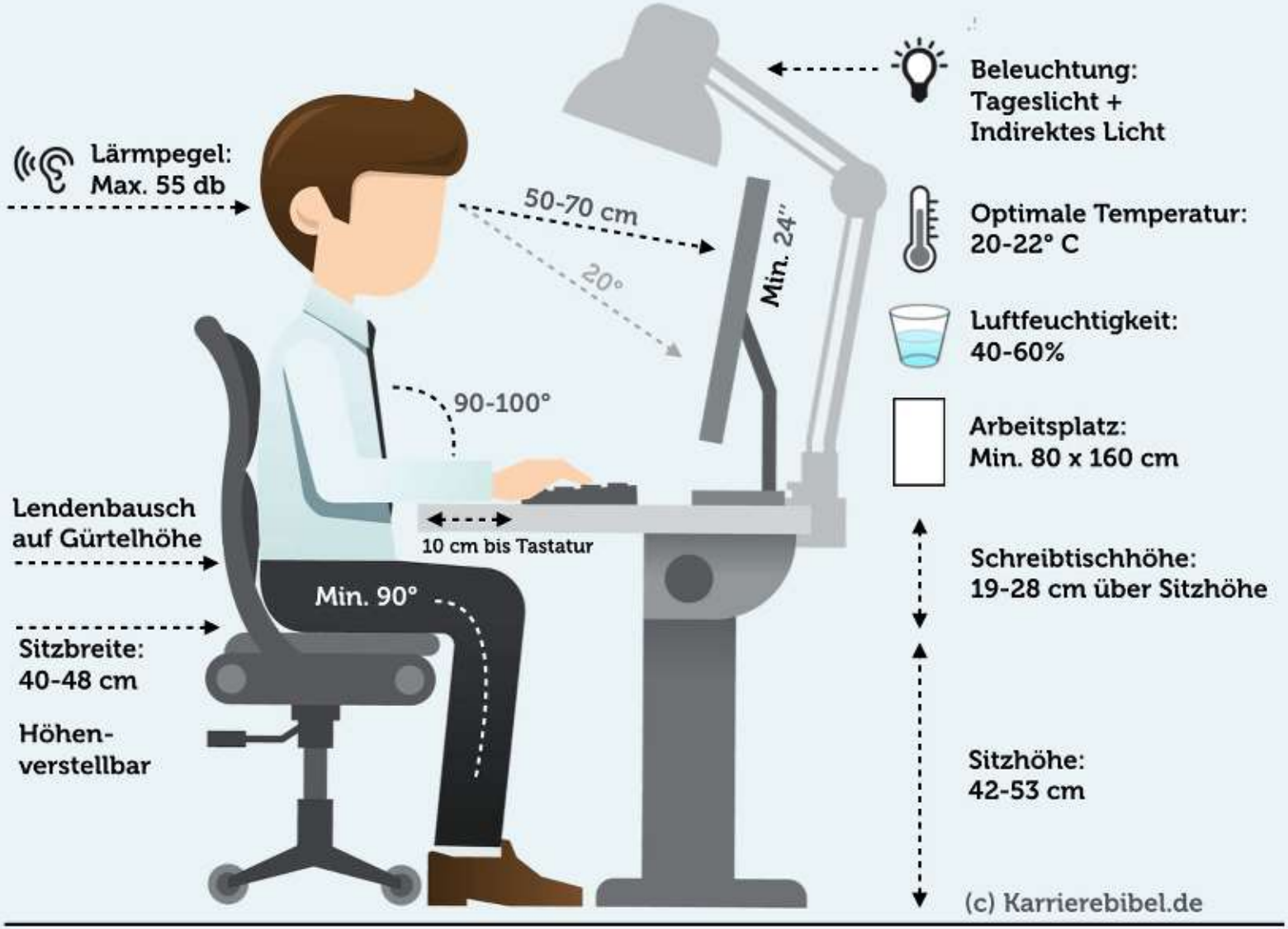Ergonomie am Arbeitsplatz: Die Grundregeln