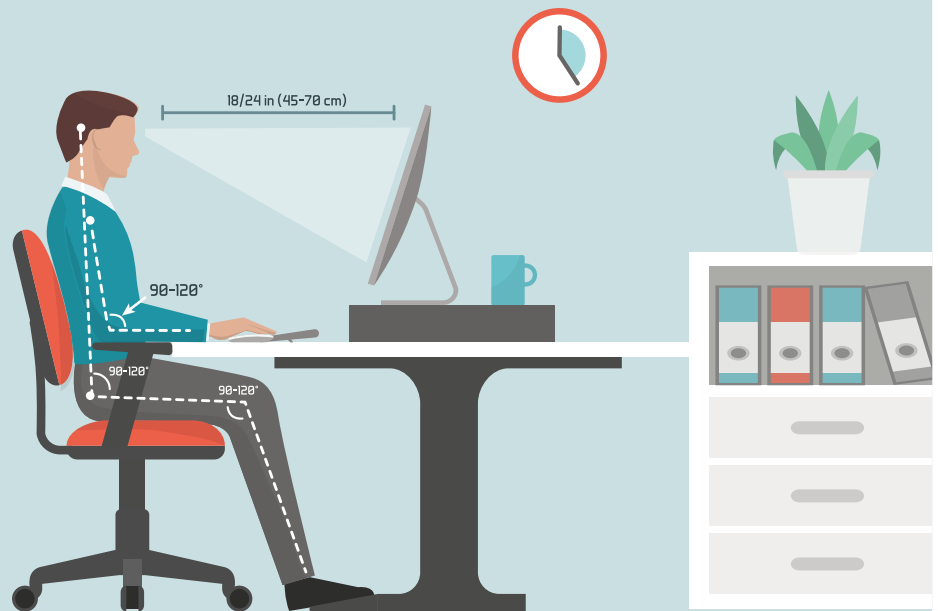


ERGONOMIC TIPS

4 Steps to Healthy Posture at your Computer

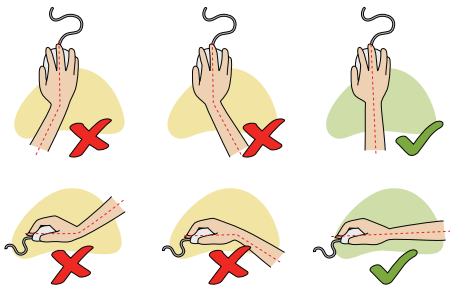


1. Body to Chair

- Hips at the back of the seat
- Back rest in a comfortable upright position

2. Hands to Keyboard/Mouse

- Relax shoulders, elbows at the side
- Keyboard/mouse at elbow height and at front of the desk or tray
- Wrists straight without bending up, down or sideways



3. Feet to Floor

- Both feet firmly on floor or footrest
- Knees at or just below hip height

4. Eyes to Monitor

- Center monitor(s) at arm distance away
- Top of screen at or slightly below eye level
- Reading should be easy while leaning back in chair

POSTURE CHECK

- ✓ Chin level, ears in line with shoulders
- ✓ Monitor 18"-24" viewing distance
- ✓ Elbows next to body, 90-120 degrees
- ✓ Wrists 0-15 degrees, in any direction
- ✓ Hips, knees and ankles, 90-120 degrees
- ✓ Frequently used items within 18"-20" reach