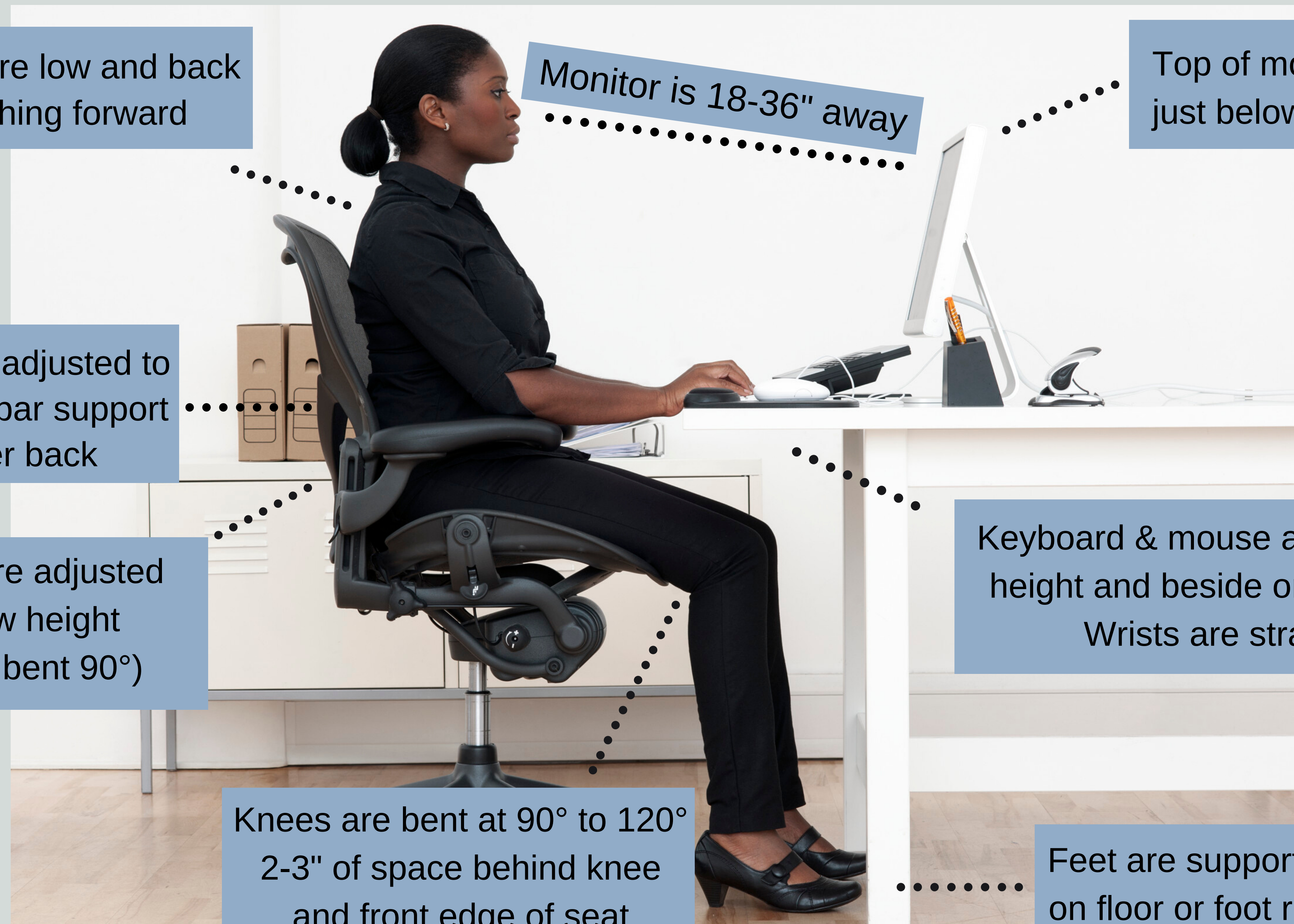


Desk Ergonomics

PROPER SETUP FOR GOOD HEALTH



Shoulders are low and back
Not reaching forward

Monitor is 18-36" away

Top of monitors are
just below eye level

Backrest is adjusted to
provide lumbar support
in lower back

Armrest are adjusted
to elbow height
(elbows bent 90°)

Keyboard & mouse are at elbow
height and beside one another
Wrists are straight

Knees are bent at 90° to 120°
2-3" of space behind knee
and front edge of seat

Feet are supported
on floor or foot rest

Source: ewiworks.com