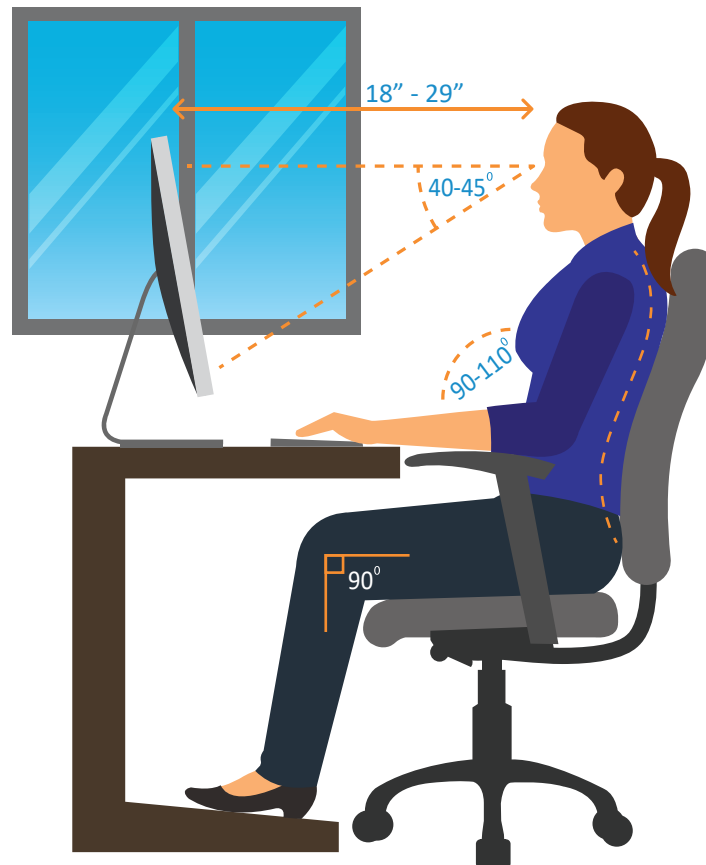


# Computer Work Station



## BODY ALIGNMENT

In-line with monitor/keyboard (eliminates twisting).

## LOWER BACK

Back rest upright with lumbar support at the belt line (supports the natural curve of the spine).

## LEGS

About a 90° knee bend (supports neutral hip and spine posture). This may require a footrest.

About 2-inch clearance between thighs and desk and between knees and edge of the desk.

## FEET

Flat on the floor or footrest (also supports neutral spine and allows the chair to properly support the back).

## FOREARMS

About a 90° elbow bend (supports relaxed posture for shoulders and arms).

## WRISTS

Aligned with forearms.

Protected from edges or hard surfaces (this may require a wrist rest).

## MONITOR

Screen height slightly below eye level, lower for bifocals (reduces awkward neck bends).

Reduce glare by repositioning monitor angle or closing blinds.

## BREAKS

Take a microbreak (1-2 minutes) at least once per hour.