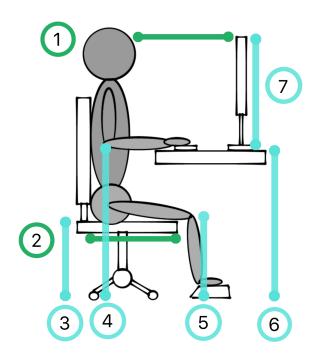


Initial Ergonomic Measurements

Instructions

Do your best to take the following measurements. During these measurements, do your best to sit upright in your chair, hips back, with feet firmly on the floor to assess baseline fit and positioning of current equipment.



#	Measurement	Current (inches)	Corrected (inches)
1	Eyes to Monitor		
2	Seat Pan Length		
3	Chair Height		
4	Elbow to Floor		
5	Knee to Floor		
6	Desk Height		
7	Monitor Height		