Millions of people work with computers every day. This eTool\* illustrates simple, inexpensive principles that will help you create a safe and comfortable computer workstation. There is no single "correct" posture or arrangement of components that will fit everyone. However, there are basic design goals, some of which are shown in the accompanying figure, to consider when setting up a computer workstation or performing computer-related tasks.

Consider your workstation as you read through each section and see if you can identify areas for improvement in posture, component placement, or work environment. This eTool provides suggestions to minimize or eliminate identified problems, and allows you to create your own "custom-fit" computer workstation.