


Comfortable seated posture at the computer

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| <p>A Head level - not tilted or twisted - monitor directly in front, top of screen at eye level</p> | <p>F Wrists straight, in-line with forearms – keyboard and mouse at elbow level</p> |  <p>The diagram shows a person sitting in an office chair at a desk with a computer monitor. Various parts of the body and workstation are labeled with letters in orange circles: A (head), B (shoulders), C (backrest), D (lumbar support), E (armrests), F (wrists/hands), G (hips), H (gap between seat and knees), I (knees), and J (feet). The person is shown in profile, facing the monitor, with their feet flat on the floor.</p> |
| <p>B Shoulders relaxed, elbows close to sides</p> | <p>G Hips back in chair</p> | |
| <p>C Backrest tilted back 10 to 20 degrees</p> | <p>H Small gap between front of seat and back of knees</p> | |
| <p>D Lumbar support lines up with inward curve in low back</p> | <p>I Knees level with or slightly lower than hips</p> | |
| <p>E Armrests support both forearms equally</p> | <p>J Feet supported by floor or footrest</p> | |

For more tips on setting up your workstation, go to:

<http://wisha-training.lni.wa.gov/training/articulate/officeergonomics/story.html>