


Comfortable seated posture at the computer

<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 computer workstation. The person is facing right, looking at a monitor. The workstation includes a monitor, a keyboard, and a mouse. The person's feet are on the floor. The labels A through J are placed at various points on the person's body and the workstation to indicate ergonomic considerations: A (head level), B (shoulders), C (backrest tilt), D (lumbar support), E (armrests), F (wrists), G (hips), H (gap between seat and knees), I (knees), and J (feet).</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>