

COMPUTER WORK STATION ERGONOMICS

Head upright with eyes glancing down.
(Adjust monitor height and distance) Note:
Bifocal and blended lens users will need to
adjust monitor height and distance for the
portion of glasses used for viewing the
monitor.

Frequently used items close
to reduce reaching.

Copy inclined and elevated
to maintain upright posture
when viewing.

Keyboard at or slightly
below elbow height
when elbows are at
sides and shoulders
relaxed. (Adjust seat
height and/or
keyboard height)

Float wrists when
typing.

2-3 fingers space
between back of knee
and front of chair
seat. (Adjust seat
depth)

Support at base of
spine. (Adjust chair
back height)

Feet firm on floor or supported by
footstool. (Adjust seat height)

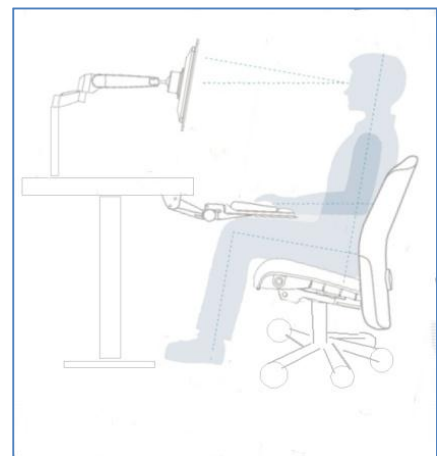
Hips equal to or
slightly higher than
knees. (Adjust seat
tilt and seat height)

RECLINED COMPUTER WORK

Maintain similar relations between you and your computer
equipment by repositioning the keyboard tray and monitor.



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For further information or training, contact us at 970-242-7575