

Office Ergonomics



COMPUTER WORKSTATION ERGONOMICS

18/24 in (45-70 cm)

Adjust distance and height: top of the monitor at eye-level and slightly tilted.

ARMS

MONITOR

Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

CHAIR

Should have a backrest and armrests, adjust height.

LEGS

Thighs parallel to the floor.

FEET

Parallel to the floor, use a footrest if necessary.

WRONG





















TAKE BREAKS

MidSouthWest Training and Consulting 109-1235 Fairview Street Burlington, Ontario L7S 2K9

Phone: (289) 309-1143 Email: info@midsouthwest.ca Website: www.midsouthwest.ca