

Office Ergonomics

CORRECT SITTING POSTURE

COMPUTER WORKSTATION ERGONOMICS

MONITOR

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

18/24 in (45-70 cm)

ARMS

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



RIGHT



EXERCISES

