Work Tip

Sitting Position

Position the top of the monitor at eye level.
Place the monitor an arm’s length away.
Fingers are relaxed with wrists straight.
Head is neutral, chin parallel to the ground.
Back rests comfortably against the backrest of the chair.
Elbows are bent at 90°, close to the body.
Lower or remove armrests.
Adjust the backrest height so the lumbar support rests at low back.
Adjust the height of the chair so the knees and hips are at 90°.

Feet flat on the ground or on a footrest as an alternate position.

Vary Positions Move Around

Be Comfortable

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