



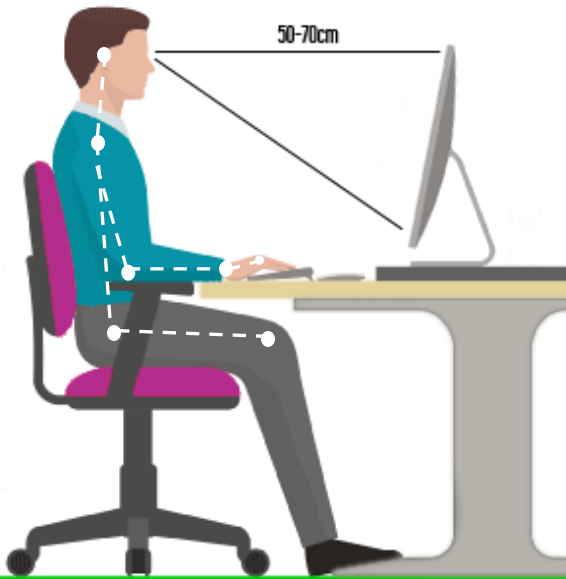
MONITOR
Adjust distance & height.
Top of monitor at eye
level & slightly tilted.

ARMS
Forearms parallel to floor.
Minimal bend in wrist.

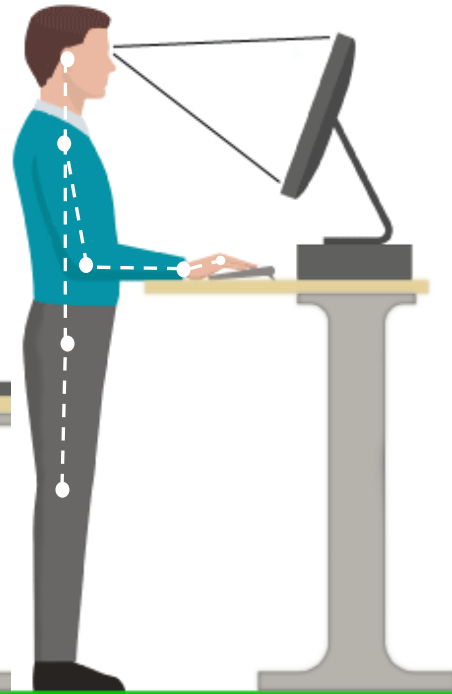
CHAIR
Should have adjustable
back and arm rests.

LEGS
Thighs parallel to floor.

FEET
Parallel to floor and with
footrest in required.



50-70cm



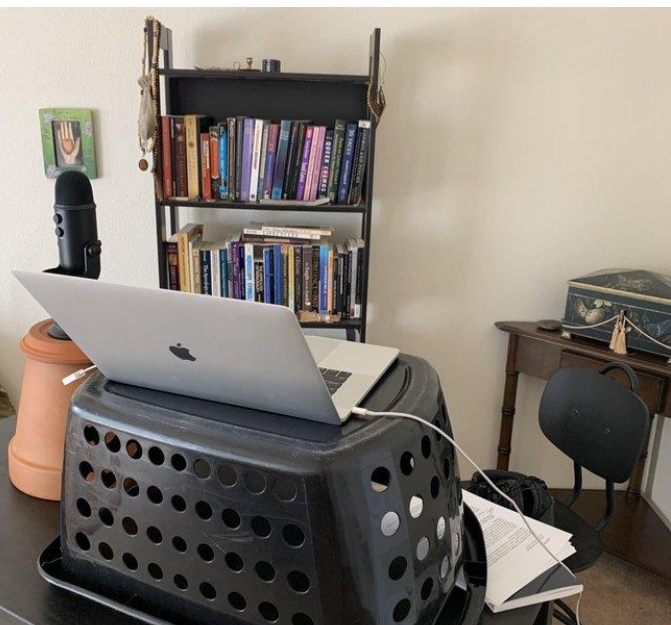
Incorrect Sitting Position



Correct Sitting Position



Correct Standing Position



Sometimes you have to get Creative!

Common mistakes: Monitor too low, and not using a separate keyboard when using a laptop.