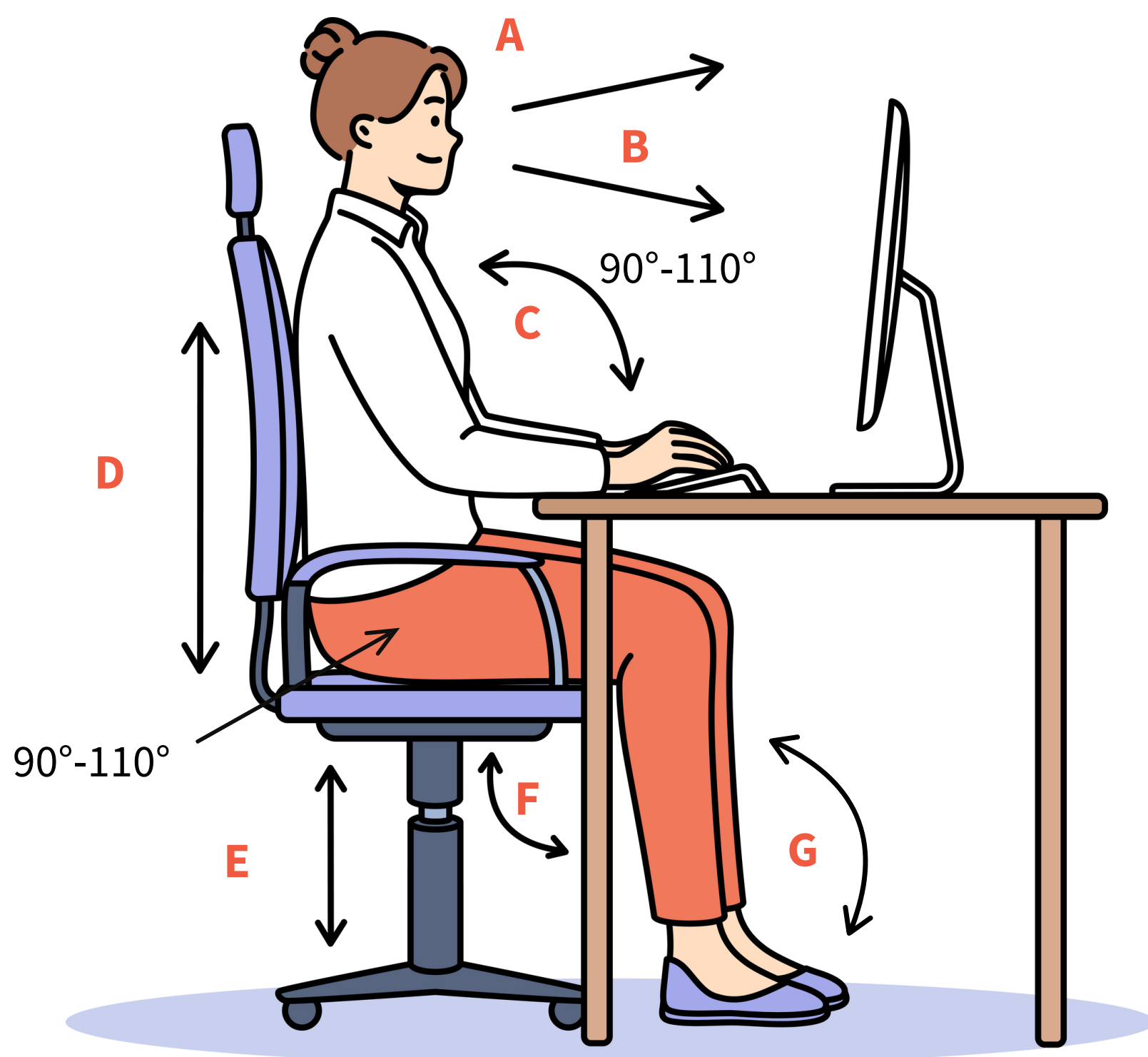


Workstation Ergonomics

Work Smart, Sit Safe

FOLLOW THESE TIPS TO ENSURE AN ERGONOMICALLY OPTIMAL WORKSTATION!



- A** Position your monitor 15–27 inches away, with a 10–20 degree backward tilt.
- B** Place the top of the monitor at or slightly below eye level for optimal viewing.
- C** Elbows bent at 90°-110°, forearms horizontal. Shoulders should be relaxed, without slumping downward.
- D** Use a chair with lumbar support to maintain the natural curve of your lower back.
- E** Adjust chair height until feet are flat on floor, thighs parallel to floor, and knees and hips at about 90 degrees.
- F** Keep 2-3 fingers' width distance between back of knee and seat. Knee angle at 90 degrees with feet in front of you.
- G** Make sure your feet are fully supported by the floor or by a non-slip footrest with an adjustable slope (10 to 20 degrees), to reduce the pressure on the back of your thighs.

These exercises can boost your energy and improve your posture while sitting at your desk.

