


## Comfortable seated posture at the computer

<p><b>A</b> Head level - not tilted or twisted - monitor directly in front, top of screen at eye level</p>	<p><b>F</b> Wrists straight, in-line with forearms – keyboard and mouse at elbow level</p>	 <p>The diagram shows a person sitting in an office chair at a computer workstation. The person is facing right, looking at a monitor. The workstation includes a monitor, a keyboard, and a mouse. The person's feet are on the floor. The labels A through J are placed at various points on the person's body and the workstation to indicate ergonomic considerations: A (head level), B (shoulders relaxed), C (backrest tilted), D (lumbar support), E (armrests), F (wrists straight), G (hips back), H (gap between seat and knees), I (knees level), and J (feet supported).</p>
<p><b>B</b> Shoulders relaxed, elbows close to sides</p>	<p><b>G</b> Hips back in chair</p>	
<p><b>C</b> Backrest tilted back 10 to 20 degrees</p>	<p><b>H</b> Small gap between front of seat and back of knees</p>	
<p><b>D</b> Lumbar support lines up with inward curve in low back</p>	<p><b>I</b> Knees level with or slightly lower than hips</p>	
<p><b>E</b> Armrests support both forearms equally</p>	<p><b>J</b> Feet supported by floor or footrest</p>	

For more tips on setting up your workstation, go to:

<http://wisha-training.lni.wa.gov/training/articulate/officeergonomics/story.html>