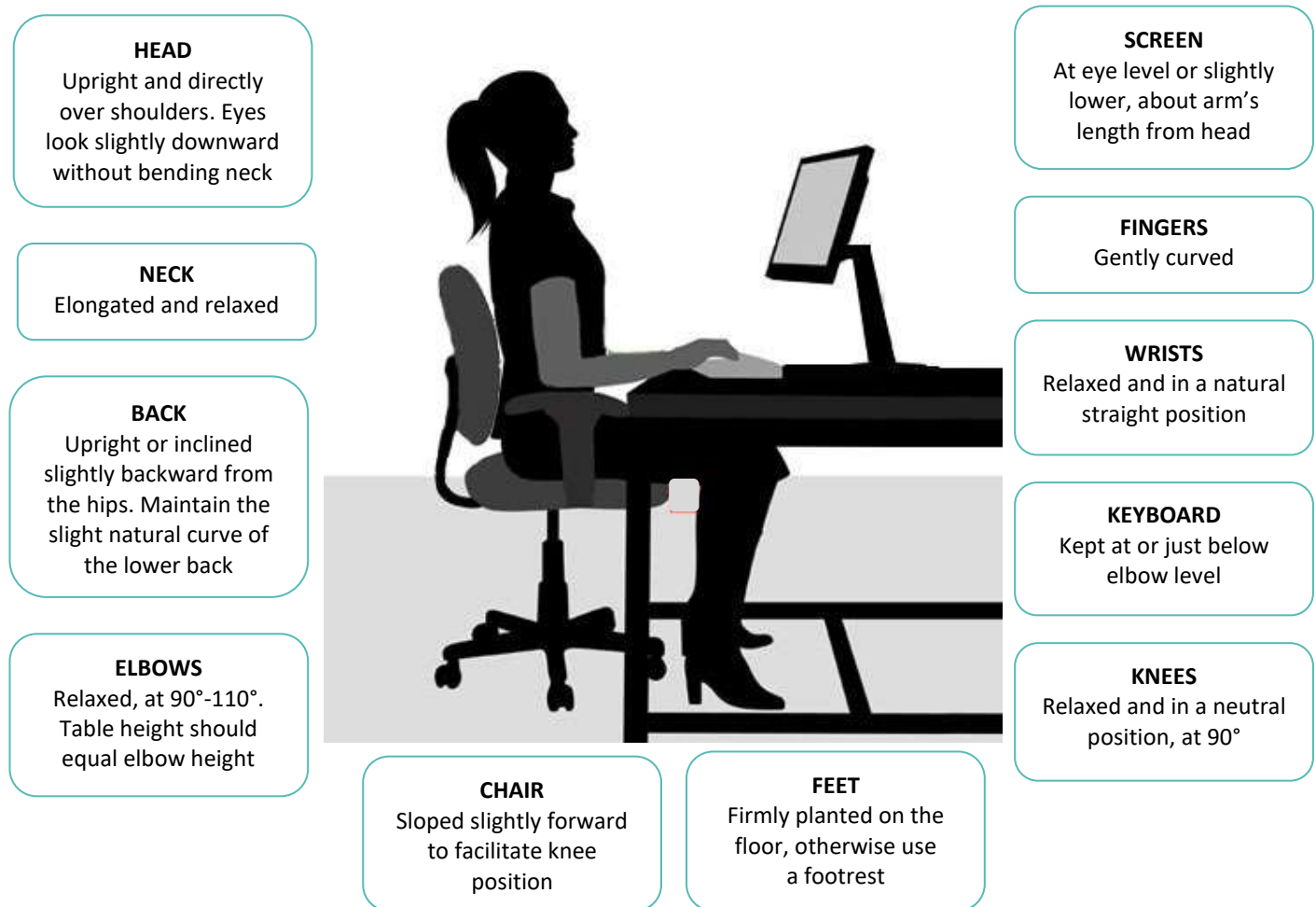


# Computer Workstation Ergonomics

This illustration shows the proper application of ergonomic principles at a computer workstation.



## Setup Guidelines

1. Start with your feet flat on the floor, wearing your typical work shoes.
2. Adjust your chair height and seat pan tilt so that you can sit comfortably with your knees bent around 90 degrees and your hips bent a little more than 90 degrees. You should allow 2-4 inches (5-10 cm) between the edge of the seat and the back of your knee.
3. Adjust your seat depth and back rest tension to support your back.
4. Adjust your keyboard support surface height and angle so that your upper arms rest at your sides with your forearms parallel to the floor when your fingers are on your home row (the keyboard keys ASDF and JKL;). If your keyboard support surface is not adjustable, raise your chair instead and use a footrest.
5. Position your computer screen so that it sits directly in front of your keyboard, between 18 and 30 inches (46 and 76 cm) from your eyes (distance at arm's length), with the top of the screen at or below eye level.