

How Do You Measure Up?

How Does Your Workstation Measure Up?

Chair

- Supports your low back
- Your feet should rest firmly on the ground (or footrest) slightly in front of you

Monitor

- Positioned directly in front of you
- Placed an arm's length distance from you
- Your eyes should be at the same level as the tool bar

Mouse

- Positioned close to you near the edge of the desk
- Immediately next to the keyboard

Keyboard

- Centered in front of you
- Near the edge of the desk to avoid forward reaching



How Does Your Posture Measure Up?

- Your feet should be well-supported (either by the floor or a footrest)
- The angle at your hips and knees should be 90-110°
- Your back should be supported by your chair (especially your lower back)
- Your head and neck should remain upright
- Your upper arms should remain close to your body with your shoulders relaxed
- Your elbow angle should be 90-110°
- Your forearms should be parallel with the ground or angled slightly downward
- Your wrists should remain in a straight or neutral position