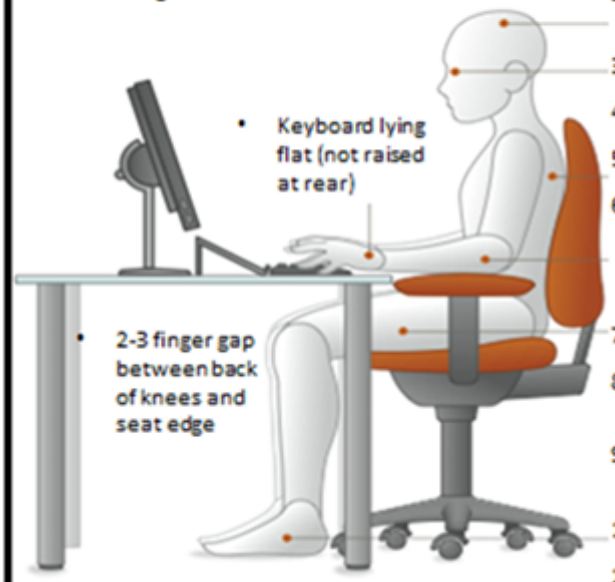
Workstation Set-up

- **Same upper body posture for sitting and standing**



1. Desk/keyboard at elbow height
2. Chair at a height where thighs are parallel to floor, or knees slightly lower than hips
3. Feet flat on floor, or on a footrest
4. Top of screen at eye level, or just below
5. Tilt screen up so it faces you fully
6. Head and neck facing forward, looking slightly down on screen. No arching neck back, or extending chin forwards or bending neck down
7. Shoulders relaxed & symmetrical
8. Lower curve of chair backrest fits snugly in small of back
9. Don't sit upright at ninety degrees...relax back so hip angle is 100-120 degrees
10. Elbows close to body
11. Wrists close to mid-line and keyboard