

Ergonomic Workstation Reference

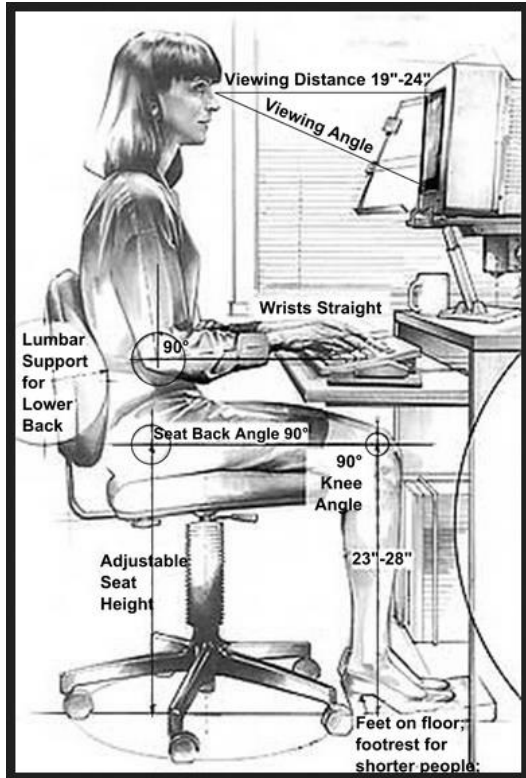


Image source:
https://en.wikipedia.org/wiki/Human_factors_and_ergonomics

Key Points:

1. Feet flat on floor
2. Knees and hips parallel to the floor
3. Knees at 90 degree angle
4. Sit at the back of chair, supporting back
5. Armrests support elbows and allow you to type on keyboard
6. Monitor at eye level or 1 inch below eye level (you should not be looking up)
7. Monitor should be straight in front of you
8. Keyboard "legs" down and wrists straight – key is comfort
9. Have closest to you the items you use the most
10. 20 – 20 – 20 rule for protecting your eyes