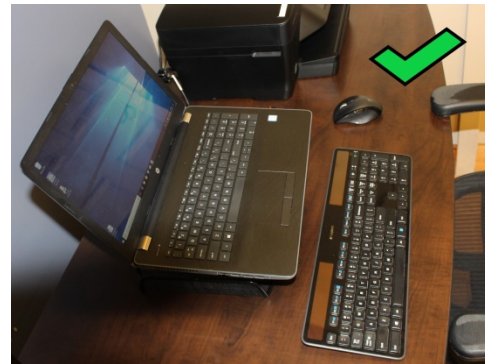


Computer Station Setup Guidelines

- Head should be in mid line
- Top of monitor should be at or slightly below eye level (<15 degrees)
- Position the screen about one arm length away or slightly further
- Low back supported
- Hips should be at an open angle of 100-120 degrees (slightly more than a right angle)
- Knees should be level with the hips or slightly lower
- 2-3 finger width clearance between the front edge of the chair and the back of the knees
- Elbows and forearms close to the body and supported by adjustable arm rests if available
- Wrists and hands should be in neutral and in line with forearms
- Keyboard and mouse should be close to the body but allow enough room for wrists to be supported on the desk
- Feet flat on the floor or stable footrest



Easy and affordable changes can be made to improve ergonomic setup such as:

- Adjusting the height of your chair
- Placing books or a monitor stand under the computer screen to help raise the height of the monitor to eye level
- Placing a small step or stable footrest under the feet so that they are flat and the hips are flexed at 90 degrees
- Utilizing a lumbar support cushion or small pillow for improved back support
- If using a laptop, add a wireless mouse and/or keyboard and set the laptop on a riser or books to raise the eye level of the screen