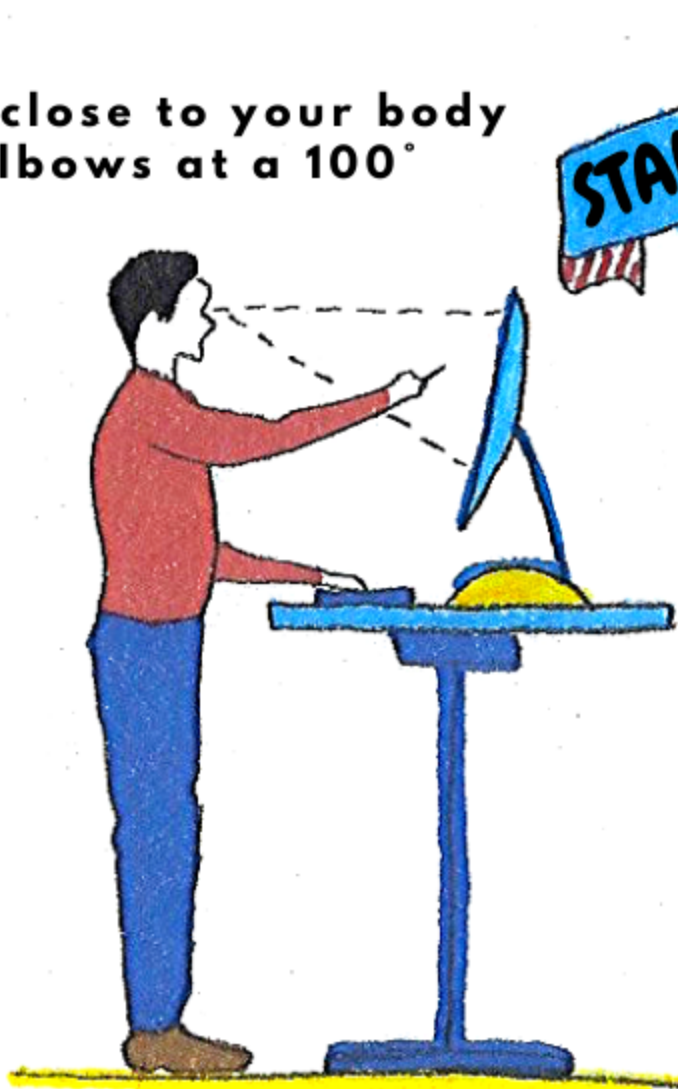


HOME ERGONOMICS

FOR A SAFE U

Adjust monitor at eye level and keep gaze between 0° and 65°.

Keep arms close to your body and bend elbows at a 100° angle.



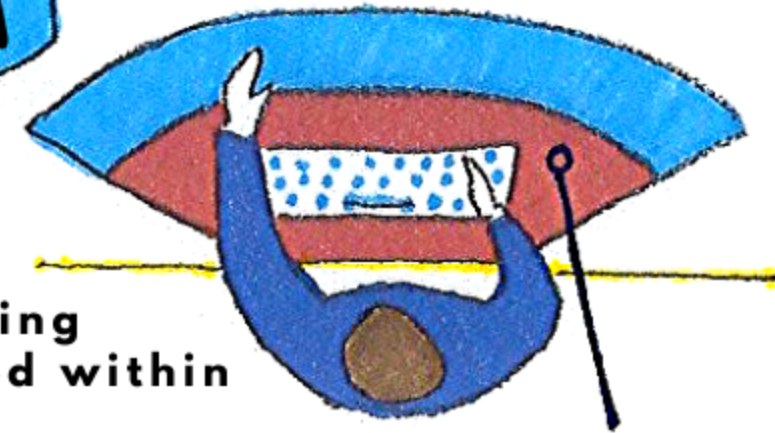
STANDING

keep head, legs, and torso in line with each other.

Keep feet flat on floor and remember to distribute your weight evenly.

REACH

keep everything regularly used within close reach.



OPTIMUM REACH

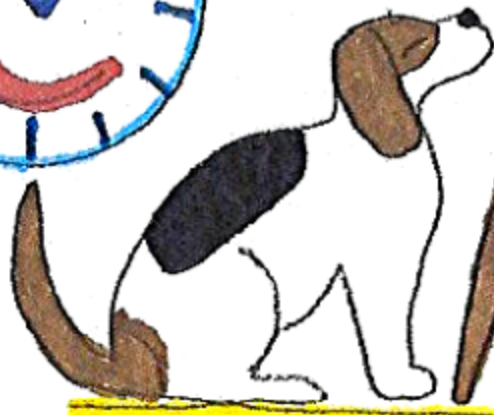
Space bar of keyboard should be 15cm away from edge of desk.

EYES

Adjust screen contrast and brightness for comfortable and clear viewing.

TIP

Be aware of how much time you spend sitting. Consider moving the computer to a kitchen counter to reduce the amount of time spent sitting. Also, take regular breaks! Move away from the computer at least 1/hr.



SITTING

EYE LEVEL

Adjust monitor so top of viewing area is at eye level.

30°

WRISTS

Your wrists should be straight, you can use a wrist rest if needed. If you have armrests adjust them so your arms are not too low or high.

ELBOWS

Adjust chair height so that the elbows are at desktop level.

LOWER BACK

Adjust your seat back for good lower back support, you can use a pillow if needed!

FEET

Your feet should reach the floor comfortably. If not use a footrest or lower the chair.

90°
120°



TIP

To maximize or improve focus make sure you have a work-space that is clean and free of clutter!

TIPS

Have Stretch Breaks

Avoid Screen Reflections



Stand Up To Reach Far Objects



Don't Ignore Back Pain

EH & S