COMPUTER ERGONOMICS

Sitting with proper posture, along with periodic breaks to stretch and walk, will help promote physical well-being.

BODY POSITIONING

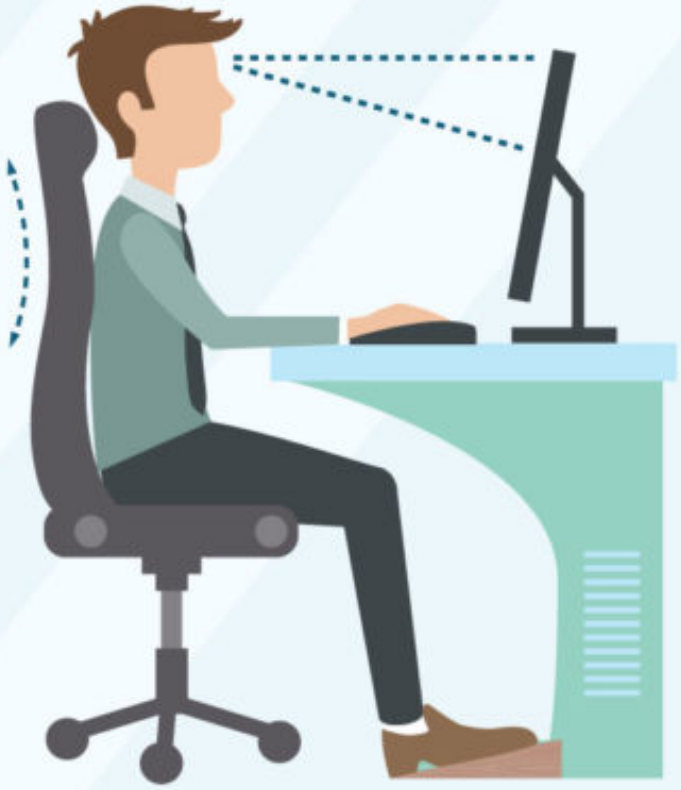
HEAD
level, balanced, generally in line with torso
eyes 20-30" to middle of screen

UPPER BODY
shoulders relaxed, upper arms loose,
elbows close to body, bent 90-120 degrees

LOWER BODY
lumbar spine protected (sitting, leaning back)
hips balanced, supported on padded cushion

LEGS
thighs supported, generally parallel to floor
knees loose, bent 90-110 degrees

FEET
flat on floor or footrest, slightly in front
of knees



HAND AND WRISTS POSITIONING

HANDS, WRISTS AND FOREARMS
straight, in-line and roughly parallel to the floor

KEYBOARD POSITIONING

KEYBOARD AND MOUSE
keyboard directly in front of you and pointer/mouse
close to keyboard; avoid reaching for either.
Use document holder if necessary.

Source: Occupational Safety and Health Administration, *www.osha.gov*

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