OFFICE WORKSTATION

. Proper setup .

Shoulders are low and back Not reaching forward

Lumbar support adjusted to align with lower back curve

Armrests adjusted to elbow height (elbows bent to 90°)

Hips slightly higher than knees

Monitors are 18-36" away

Top of monitors are just below eye level

Keyboard & mouse are at elbow height

Wrists are straight

90° to 120° angle between legs and hip

2-3" of space behind knee and front edge of seat

Feet are supported on the floor or a footrest