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COMPUTER ERGONOMICS

USING A SEAT IS RECOMMENDED

Adjust the seat back for good support of the lower back and keeps the back supported in an up right position.

Chair height allows adequate leg space whilst maintaining keyboard at elbow level

Feet NEEDS to be flat on the floor

Screen is at or just below eye level

Head and back NEEDS to be straight

Fingers are relaxed with wrists in natural position

Locate your monitor so the top of the viewing area is below eye level

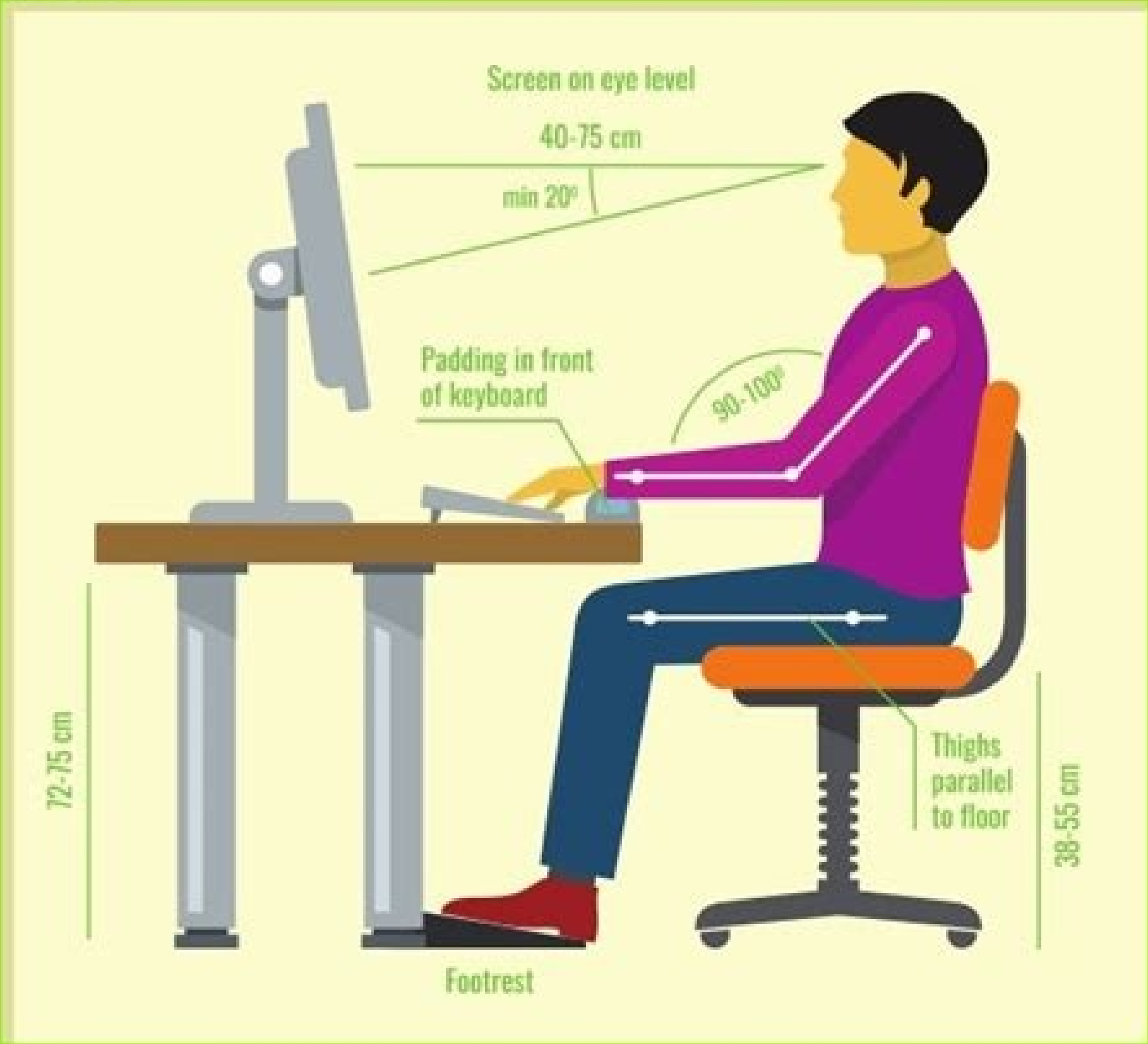
Elbows are at about desktop level and are close to the body



ARE YOU SITTING COMFORTABLY?



CORRECT SITTING POSTURE



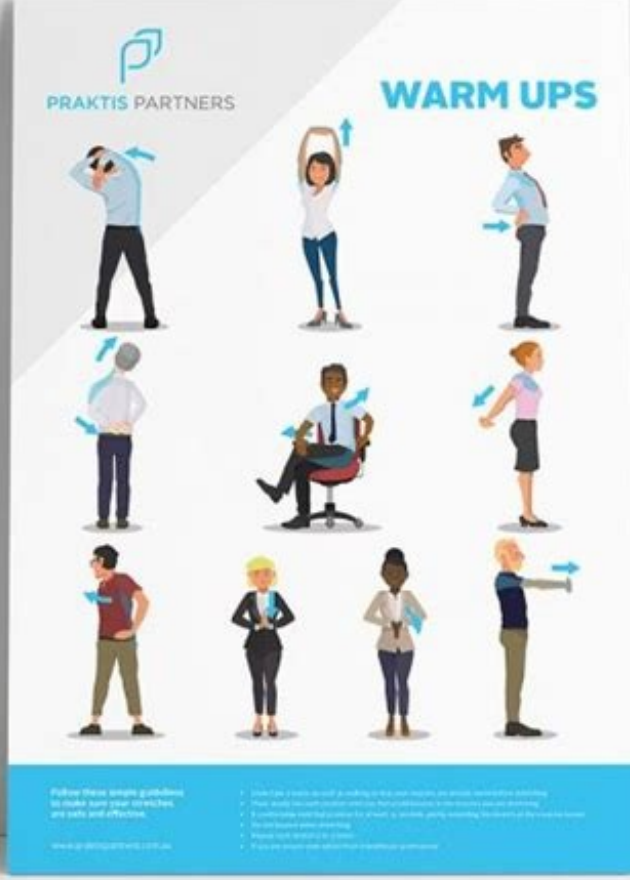
THEN WE'LL BEGIN

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Physical Balance Presents

OFFICE STRETCHES TO SAVE YOUR SPINE



Free office ergonomics poster.

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[illegible]