

OPTIMAL DESK POSTURE



WORKSTATION ERGONOMICS – THE IDEAL SET-UP



top of monitor
at eye level or
just below

monitor roughly
arms length away

minimal bend
at wrists

back straight

elbows close
to body

backrest
supporting
lower back

adjustable
swivel chair

front of seat not pressing
on back of knees

document
holder

feet flat on ground or
resting on footrest

90°–
120°
90°–
120°