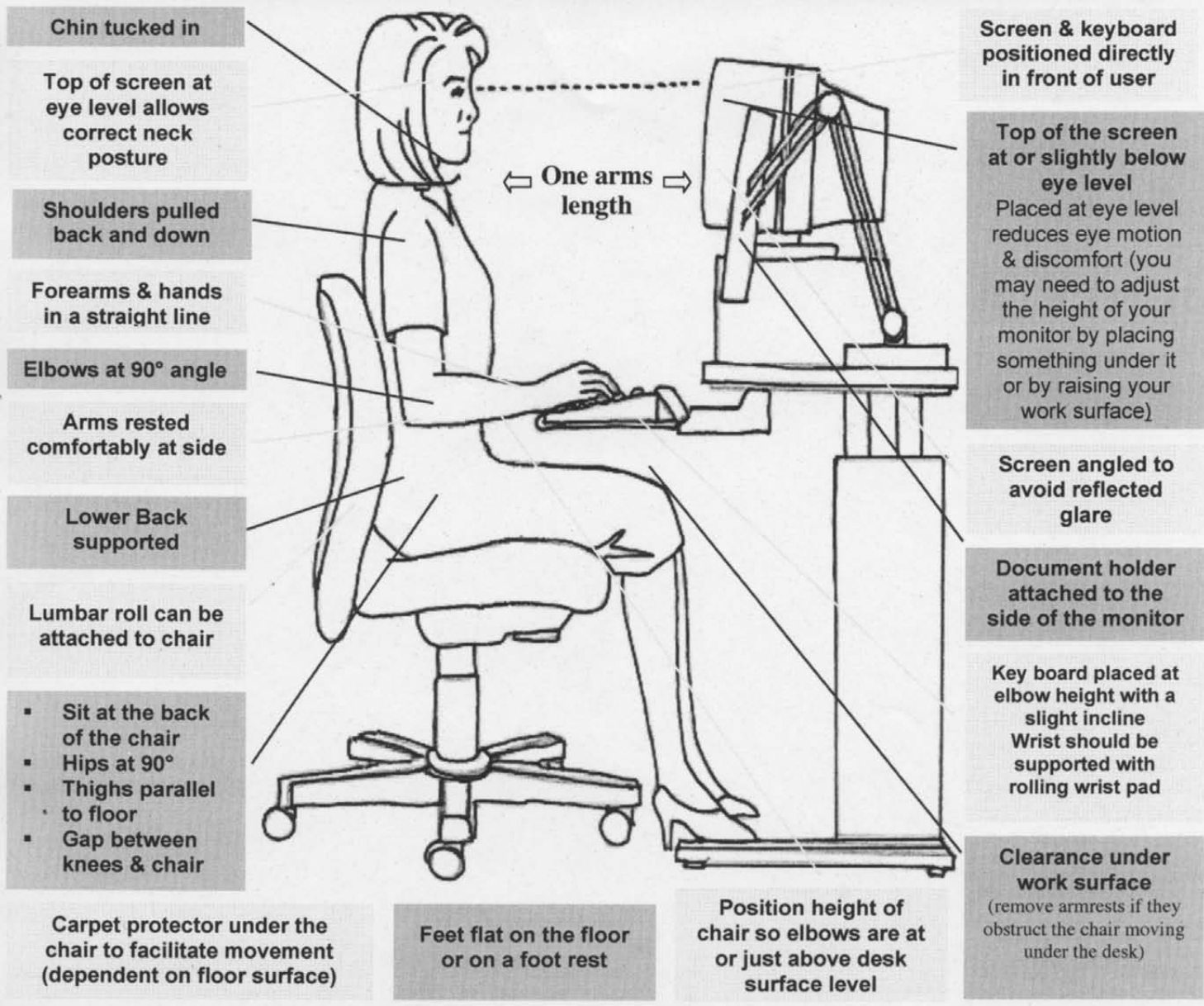




WORKPLACE ERGONOMICS



Chin tucked in

Top of screen at eye level allows correct neck posture

Shoulders pulled back and down

Forearms & hands in a straight line

Elbows at 90° angle

Arms rested comfortably at side

Lower Back supported

Lumbar roll can be attached to chair

- Sit at the back of the chair
- Hips at 90°
- Thighs parallel to floor
- Gap between knees & chair

Carpet protector under the chair to facilitate movement (dependent on floor surface)

Feet flat on the floor or on a foot rest

Position height of chair so elbows are at or just above desk surface level

Screen & keyboard positioned directly in front of user

Top of the screen at or slightly below eye level
Placed at eye level reduces eye motion & discomfort (you may need to adjust the height of your monitor by placing something under it or by raising your work surface)

Screen angled to avoid reflected glare

Document holder attached to the side of the monitor

Key board placed at elbow height with a slight incline
Wrist should be supported with rolling wrist pad

Clearance under work surface
(remove armrests if they obstruct the chair moving under the desk)

Image source: <http://www.utsystem.edu/ohr/neo/safety/safety.htm>

Take regular breaks and speak to your physio about exercises and stretches

- Check these Ergonomics Websites for additional information:**
- www.ergonomics.org.au
 - www.ascc.gov.au
 - www.auzspec.com.au
 - www.ppsergo.com.au
 - www.gregorychairs.com.au
 - www.rsiguard.com