

How are you sitting?

Shoulders

Your shoulders should be relaxed at all times.

Backrest

Adjusted correctly, your backrest should support the curve in your lower back.

Seat Height

Your seat height should be adjusted to your individual needs to ensure that your arms are positioned correctly.

Monitor

Adjust the monitor so that your vision is level with the centre of the screen and at a comfortable distance - try arms length.

Arms

Your elbows should be at least 90° and your wrist and forearms level with, or slightly above your desktop or keyboard. Keep your elbows close by your side.

Mouse

If you use a mouse keep it close to your body. Avoid reaching.

Knees

The angle of your knees should be at least at 90°, to ensure that your thighs are not compressed.

Feet

Flat, slightly apart and supported on the floor. If your feet are not well supported by the floor, use a footrest.