

Consider These Ergonomic Principles

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The distance and the angle between you and the VDT should be adjustable

The top of the screen should be at eye level

Personal task lights should be used to bring proper lighting to your paperwork

Your mousing elbow should be close to the body

Your forearms should be parallel to the floor and your wrist in a neutral posture

Your arms should be supported and a palm rest made available

The screen should be free of glare and reflection, and should tilt and pivot

The angle between your torso and legs should be greater than 90 degrees

Your chair should be adjustable in height and tilt

A CPU can be stored under the desk to clear the workspace

Your feet should be placed flat on the floor or on a footrest

Note: keyboard and monitor position will vary depending on the size of the user.