

Guide to Setting Up Your Workstation

optimum computer workstation ergonomics

monitor

Adjust distance and height: top of the monitor at eye-level and slightly tilted

45-70cm

arms

Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

chair

Should have a backrest and armrest, adjust height.

legs

Thighs parallel to the floor.

feet

Parallel to the floor, use a footrest if necessary.

