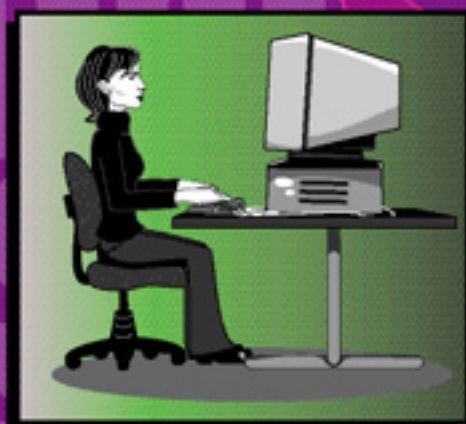


POSITION



Adjust yourself and your workstation to minimize the awkwardness and stress involved in computer use activity

Feet rest on the floor or on a footrest

Thigh is supported by soft chair

Lower back is supported

Upper arms hang loosely from the shoulder

Forearms extend horizontally to the floor toward the keyboard

Wrist neutral, not bent up, down, or to sides

Keyboard is lowered and angled slightly away (negative pitch so the wrists are in neutral position)

Mouse is next to the keyboard at the same level

Wrists do not lean on any surface (including wrist rest) while typing or mousing

Computer user is centered in front of the monitor

There is no glare on the monitor

Eyes are at a comfortable distance from the monitor

Eyes look down at the center of the monitor at a 10–30 degree angle

Telephone headset used instead of cradling the phone between ear and shoulder