

SBO20: Recommended set-up for computer workstation (Sit-Down)

Spending hours at a computer every day can lead to various long term ergonomic challenges. It's crucial to establish a suitable workstation arrangement to ensure comfort, enhance productivity, and prevent injuries. Consider these essential ergonomic best practices:

1. Keep upper arms as close as possible and in-line with torso. Avoid reaching for the keyboard or mouse to minimize shoulder and neck stress.

2. Set top of visible screen at eye height to optimize neck posture. Adjust up or down as needed if you wear progressive lenses. Keep the head balanced over the shoulders.

3. Make sure your lower back is resting on the chair and supported. The chair's lumbar support should fill the curve of your lower back.

4. Set the distance of the monitor to approximately 20"-40" from you or at fingertip distance to avoid leaning forward into the monitor.

5. Use a document holder for data entry tasks.

6. Keep the wrists on a straight line with the forearms and hands to minimize stress. Adjust the keyboard angle to promote straight wrists. Avoid direct pressure on the wrists when using the keyboard and mouse. If a palm rest is used it should provide gentle support.

7. Maintain the knee angle at approximately 90°-115°. Also, make sure that there is at least 1"- 2" of clearance between the back of your knee and the front edge of the seat.

8. Thighs and hips are supported by a well-padded seat and parallel to floor.

9. Set the height of the keyboard and mouse to achieve an elbow angle of between 90°-100°. Armrests should be adjusted to provide gentle and occasional support. You should not be hunching your shoulders or leaning heavily on the armrests.

10. Sit back against the chair to get appropriate upper body support.

11. The feet should be firmly supported on the floor or on a footrest. Make sure there are no obstructions under your desk that restrict your movement



Good posture today, better health tomorrow.
Small adjustments. Big difference.