**Desk Ergonomics**

**PROPER SETUP FOR GOOD HEALTH**

- Shoulders are low and back
  - Not reaching forward
- Backrest is adjusted to provide lumbar support in lower back
- Armrest are adjusted to elbow height (elbows bent 90°)
- Knees are bent at 90° to 120°
  - 2-3" of space behind knee and front edge of seat
- Monitor is 18-36" away
- Keyboard & mouse are at elbow height and beside one another
  - Wrists are straight
- Top of monitors are just below eye level
- Shoulders are low and back
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Source: ewiworks.com