CORRECT SITTING POSTURE
COMPUTER WORKSTATION ERGONOMICS

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

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

CHAIR
Should have a backrest and armrests. Adjust height.

LEGS
Thighs parallel to the floor.

FEET
Parallel to the floor, use a footrest if necessary.

TAKE BREAKS EVERY 25 MINNS