



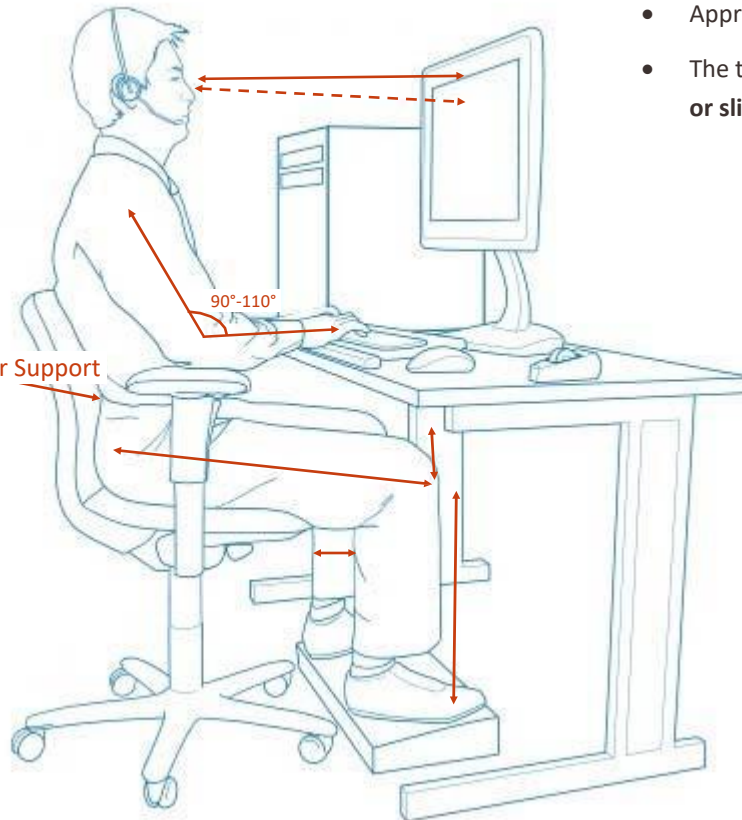
Easy Ergonomics

Based on Cal/OSHA Recommendations

Good Working Posture

Upper Body:

- Adjust backrest to provide **support to the deepest part of the curve** in your lower back
- Backrest should be **upright or tilted slightly back**
- Armrests should be adjusted so that they are **slightly below your elbows with your shoulders relaxed**
- Keyboard should be placed so that your wrist and forearm are **completely straight** and the home keys are at **the same height or slightly lower than your elbows**
- Your arms should be **close to your body**
- Your elbow should form a **90°-110° angle**



Monitor:

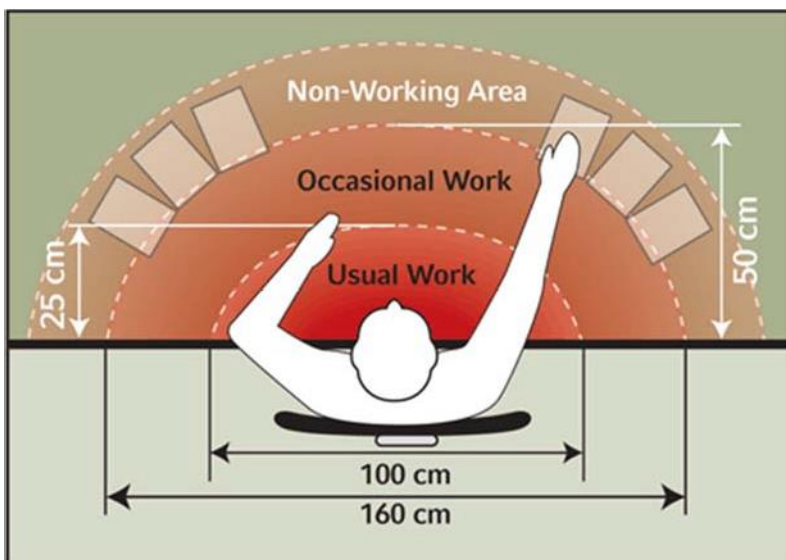
- Approximately **arm's length away**
- The top line on your screen should be **at or slightly below eye level**

Lower Body:

Adjust Chair so:

- Your **knees slightly lower than your hips**
- Your feet **rest flat on the floor** or; a footrest if your feet do not reach the floor
- There is **space between your knees and the underside of your desk**
- There are approximately **2-4" of space between the back of your knees and the edge of the seat**

Good Workstation Design



Key Objects:

- Keep objects that you use regularly close to your body in the "usual work" area to minimize reaching
- Stand up to get objects outside of your working area instead of reaching or straining

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