

**Monitor Position**

Viewing distance 18-24"

Viewing angle 0-10 degrees

**Lighting**

Sit back against the chair

Upper arms vertical

Elbow angle 90-110 degrees

Chair's lumbar support at belt level

Chair armrest at or below elbow level

Hip angle 90-110 degrees

**Chair Adjustments**

**Keyboard Position**

**Mouse Position**

Palm rest (only when resting)

**Work Surface Height**

Upper legs horizontal

**Laptop Users**

Viewing distance 18-24"

Keyboard & mouse

Use separate

Feet flat on floor or on footrest



