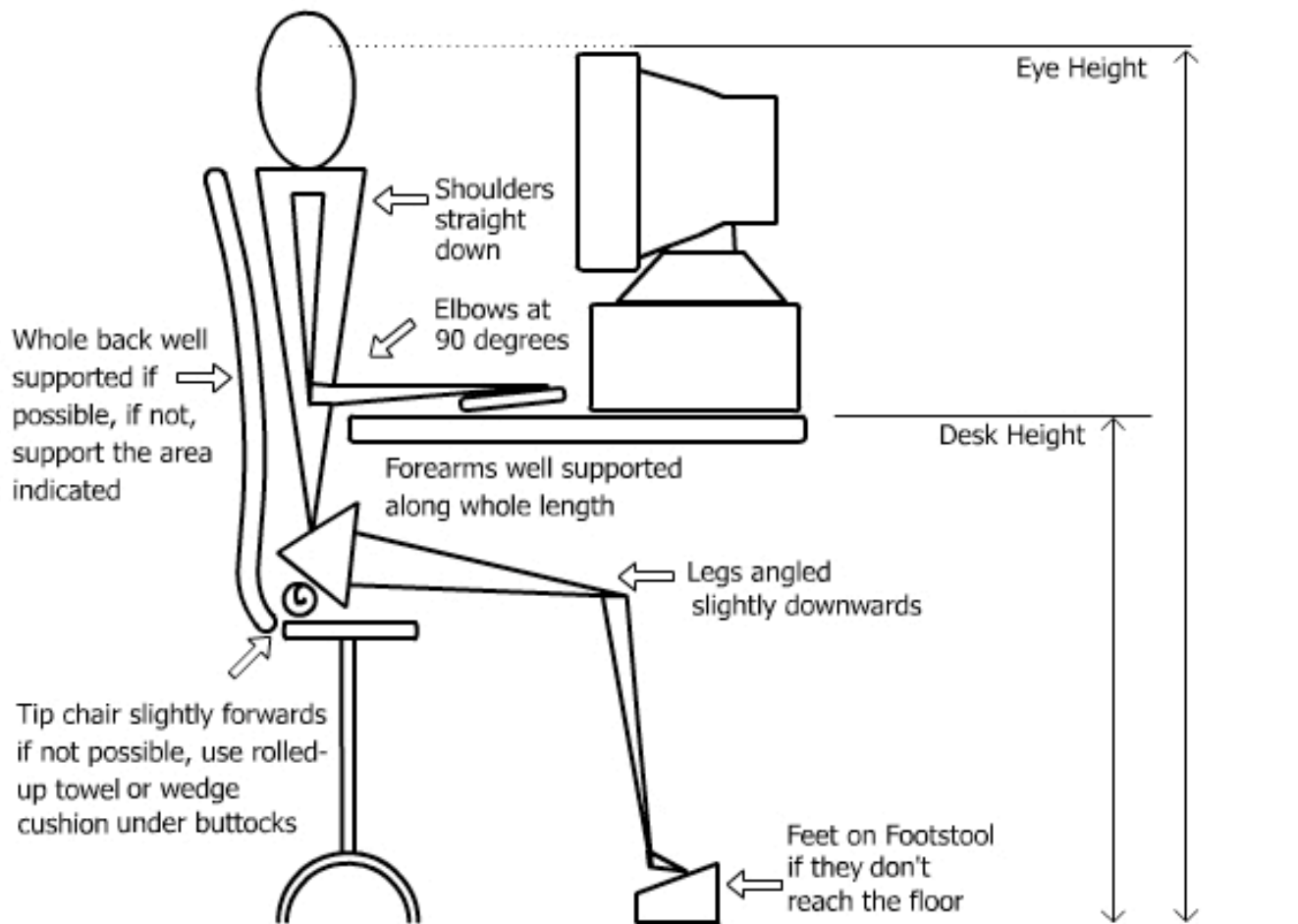


# Ideal Seated Position at Workstation



Desk Height: 660-690mm (subtract 20mm if using level or reclined seat angle)

Eye Height: 1135-1160mm

Seat heights are not given - to find your correct seat height, adjust seat height until the middle row of the keyboard is level with the elbow. If the desk is too low, use desk raisers, if the desk is too high, use a footstool. For ideal seat height, the hip must be slightly higher than the knee.

Ideally, chairs should have adjustable (or well fitted) lumbar support.

Forearms should be horizontal to the floor with elbow, wrist and fingertips in a straight line to the top of the mouse or middle row of the keyboard.

Shoulders should be relaxed and elbows tucked in by your side with 90 degree angle between upper and lower arm.

If you are struggling with the mouse on the right (with the extra number keypad), change it to the left side.