

COMPUTER WORKSTATION ERGONOMICS

Video Display Monitor

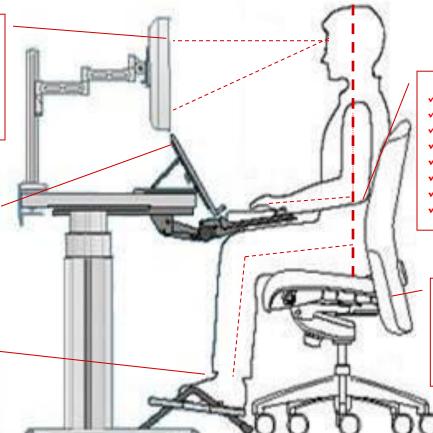
- ✓ Top of the screen is eye level.
- ✓ Monitor is centered
- ✓ VDT is close enough that you do not lean forward to view screen
- Below Eye Level for Bifocal Lens and Progressive Lens Wearers

Document Holder

 Paper documents are between keyboard and monitor

Foot Support

 Feet are supported by the floor or footrest



Keyboard and Mouse

- ✓ Elbows are relaxed at side of body
- ✓ Arms hang free
- ✓ Elbows are between 90-100 degrees
- ✓ Wrists are straight
- ✓ Mouse next to keyboard
- ✓ Keyboard/mouse below elbow height
- ✓ Do not rest while typing float
- ✓ Move mouse with entire arm

Chair

- ✓ Knees slightly lower than hips
- ✓ Sit on back of thighs
- ✓ Lumbar Support
- ✓ Align ears, shoulders, elbows, and hips