

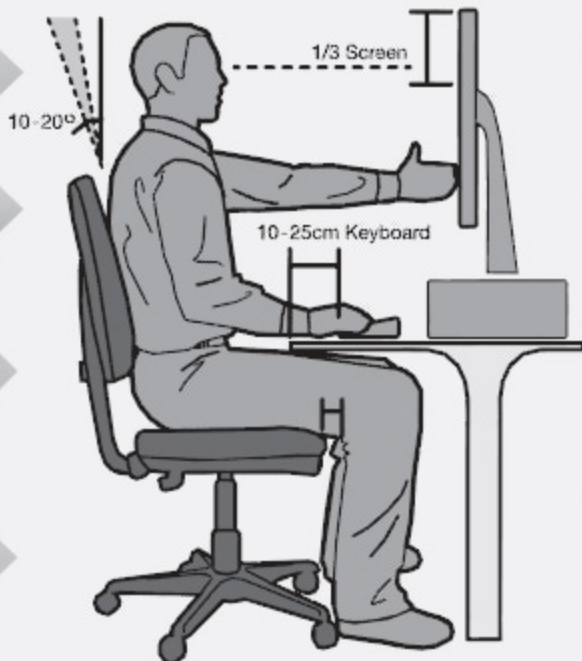
# OFFICE ERGONOMIC WORKSTATIONS

Back rest slightly reclined to 10–20 degrees from vertical

Chair supporting whole of spine

Forearms approx. horizontal with forearm support (10–25cm for keyboard and mouse use)

Small gap (two finger widths) between back of knee and front of seat base



Top of screen at / or 1/3 above eye level

Distance to screen approx. arm's length

Screen, document holders, keyboard centrally aligned

Knees at approximate right angles, thighs parallel and feet supported (preferably on floor)