

Is Your Workspace Ergonomic?

Backrest adjusted to 90° - 110°

1 No hunching or forward - reaching here! Shoulders are relaxed, low and back.

takes frequent postural breaks

2 Stretchy stretch

hourly walk-arounds

Monitor sits 18 - 36" away from your eyes

3 Eye Level

Great Posture!

90° (ish) angle

ergonomic split-keyboard **7**

Elbow height

5

Super lower-back lumbar - support

Elbow Height **6**

8

Most - used items within arms - reach

Knees bent at 90° - 120°

9 Feet fully supported on the ground/footrest

The “Anti-Ergonomic” Checklist

