Computer Workstation Ergonomics

- Straight head
- Relaxed shoulders
- Arms close to the body
- Armrest not preventing you from getting closer to the workstation
- Window with curtains or blinds
- Chair adjusted to working height
- Backrest height and angle adjustable
- Seatpan with waterfall edge
- Controls easy to operate while seated
- 5 star base on casters
- Monitor not facing light sources
- Top of screen at eye level
- Monitor and keyboard in front of you
- Mouse next to keyboard
- Desk to accommodate all work materials
- Rounded edges
- Feet on the floor
- Ample thigh clearance
- Ample legroom