

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

