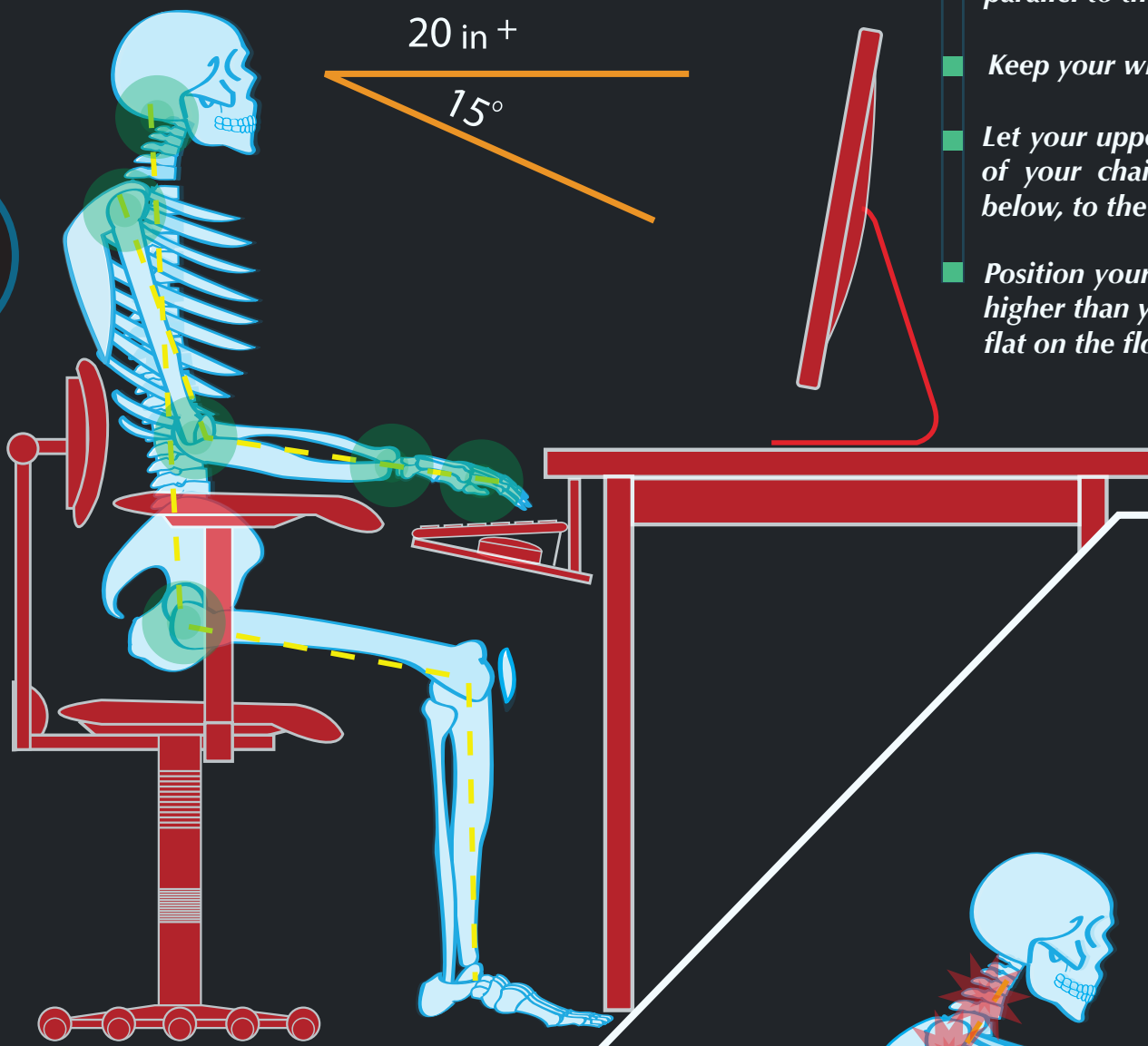


# PROPER ERGONOMICS

## DO



Position your head so it is perpendicular to the floor

Lean back slightly. Leaning the trunk back near to somewhere between 100-degrees parallel to the floor

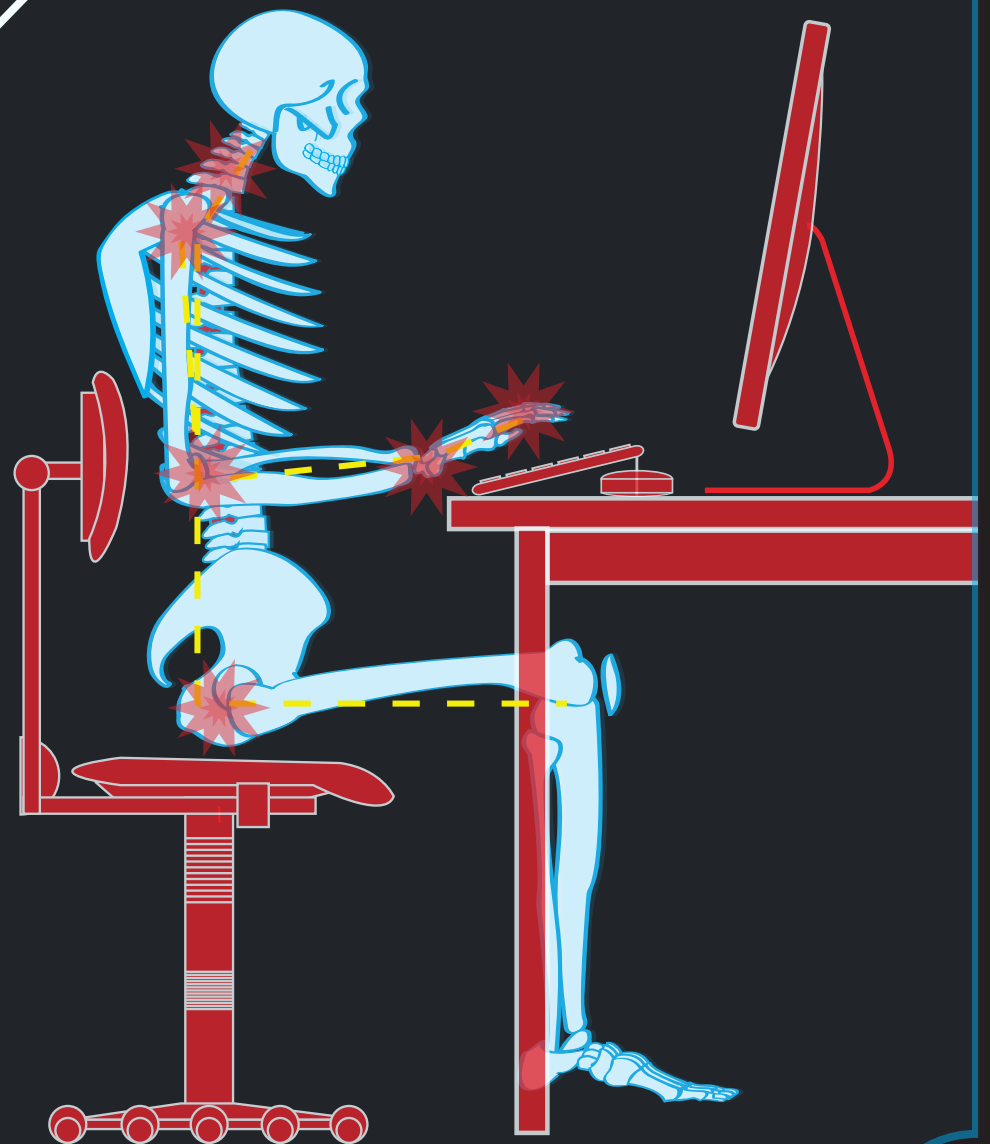
Keep your wrists straight

Let your upper arms rest on the arm rests of your chair either parallel or slightly below, to the floor

Position your hips so that they are slightly higher than your knees while your feet are flat on the floor

## DO NOT

- Do not place the monitor above the top of your head
- Do not sit in a rigid upright position
- Do not lean forward
- Do not place the keyboard on top of the desk above your elbows



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# KEEPS YOU HEALTHY