

POSTURE FOR SEATED WORK

Head directly over shoulders.

Eyes level with top of screen.
24"-36" from screen.

Shoulders relaxed.

Wrists neutral.

Elbows at 90 degrees.

Low back supported.

Hips at 90-105 degrees.

Knees at 90 degrees.

Waterfall
front seat to
allow for
space behind
knees.

Feet should rest flat on the floor,
use foot rest if needed.
High heels not recommended !

