

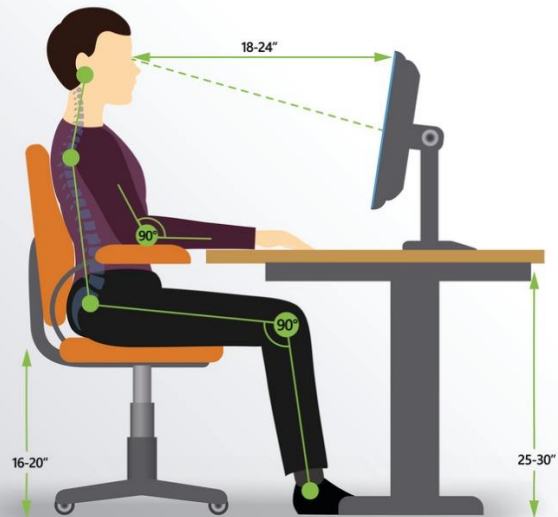
Neutral Posture -Workstation Comfort Tips

Part of working comfortably at your workstation includes having a proper ergonomic set-up, which puts your body in the best and safest positions to minimize musculoskeletal discomfort. These pictures represent the “neutral postures” we aim for when evaluating workstation set-up.

General guidelines for both sitting and standing:

- Ears over shoulders over hips
- Viewing position for monitor straight ahead and approximately an arms-length distance from body
- Elbows close to body and bent at approximately 90 degrees
- Wrists and fingers in comfortable resting position, not too far bent or extended
- Feet supported
- Take “microbreaks” throughout work day to change positions and stretch

CORRECT SITTING POSTURE



Because we're not all built alike, our workstations should be flexible enough to adjust to fit our unique needs.

Sometimes changing the height of your chair or angle of your monitor is all that is needed.

Other times, different tools or equipment may help you attain a more comfortable workstation set-up.

Or, a combination of workstation adjustments and tools/equipment may help.

For assistance with your workstation set-up, request an ergonomic evaluation.

CORRECT STANDING POSTURE

