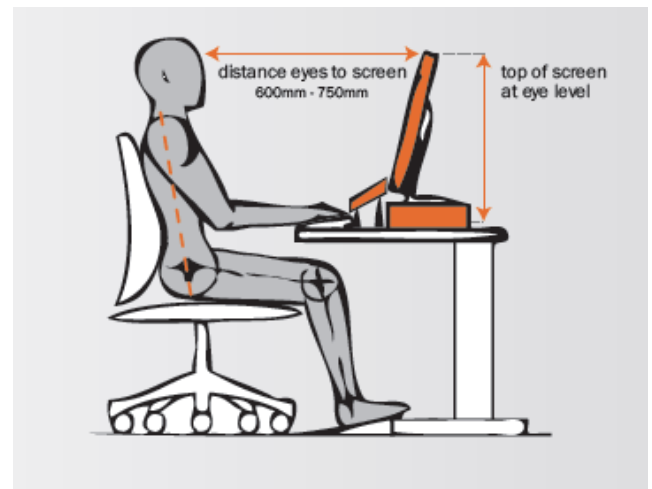
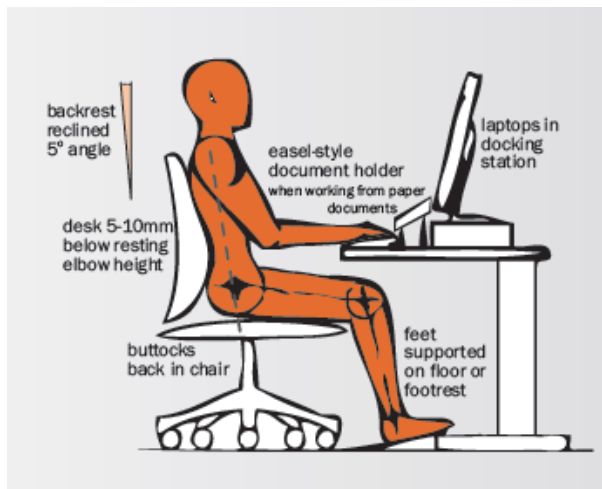


SMART HEALTH SCHOOL PROGRAM

SCHOOLS SITTING WORKSTATION SET-UP



SMART HEALTH RECOMMENDS:

- Make sure the screen is a comfortable viewing distance away
- The top third of the screen should be at eye height
- Buttocks back in the chair (ensure that the length of the seat allows this without calves impacting on the front of the seat)
- Elbows relaxed by sides with the desk 5-10mm below resting elbow height
- Avoid overreaching for mouse or keyboard (keep mouse & keyboard close to front of the desk)
- Back rest of chair reclined five degrees
- Feet supported on the floor or on a footrest
- Laptops placed on a riser so that the top third of the screen is level with the eyes
- Use a separate keyboard and mouse if using a laptop
- Use a document holder or inclined reading board when using paper documents to key into the computer
- Hips should be very slightly above the knees
- Lift chest & head to ensure shoulder blades contact backrest
- Set backrest height to comfortably support lower back arch
- Set seat height to allow for elbows at desk height (relaxed shoulders and horizontal forearms)



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For more information about the Smart Health School Program go to www.smarthealthtraining.com.au