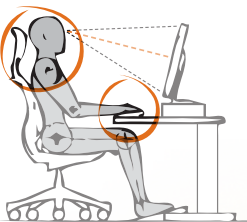
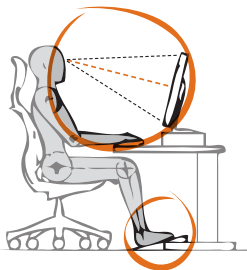
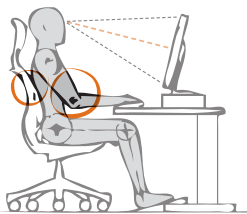
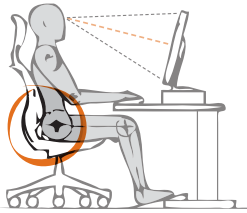


Ergonomic Checklist



- Buttocks Back; engaged with backrest
- Backrest Height; position backrest in arch of lower back
- Backrest Tilt; five degrees reclined behind vertical
- Chair Height; upper arm vertical, lower arm horizontal
- Feet Grounded; floor or footrest. Adjust desk to appropriate height where possible
- Clearance; no junk or equipment under desk, legs free of obstacles
- Screen Position; 60-75cm distance eyes to screen, top of screen at eye height, primary screen centred, secondary screen offset to side at same height
- Eyeglasses; if wearing glasses, adjust screen height to ensure neutral head tilt when looking at screen
- Keyboard and Mouse Position; front of desk, no reaching
- Wrist Position and Mouse; maintain neutral (straight) wrist position while mousing
- Document Holder; use for paper documents
- Posture; chest up, chin in, shoulders back & down
- Symmetry; shoulders level, upper body aligned with backrest and chair

