

# OPTIMAL DESK POSTURE



## WORKSTATION ERGONOMICS – THE IDEAL SET-UP



top of monitor  
at eye level or  
just below

monitor roughly  
arms length away

minimal bend  
at wrists

back straight

elbows close  
to body

backrest  
supporting  
lower back

adjustable  
swivel chair

front of seat not pressing  
on back of knees

document  
holder

feet flat on ground or  
resting on footrest

90°–  
120°

90°–  
120°

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