

The right work posture for you

Many people sit at a computer as part of their daily job. If a chair, desk or workstation isn't working for you, it can cause sore muscles and joints and even an injury. To stay safe and healthy at the computer, follow these ergonomics guidelines.

Remember to get up and move whenever possible! A walk during your lunch break, taking the stairs or doing stretches at your desk can help you feel energized and burn a few extra calories. Look for ways to get your body moving, even if it's only for five to 10 minutes. A little exercise is better than none at all.

MONITOR

Monitor should be at eye level or slightly below.
Monitor to eye distance:
20 to 40 inches

ARMS

Armrests should allow shoulders to relax. Elbows should be close to the body. Minimal bend at the wrist.

CHAIR

Backrest should conform to the spine. Chair should have lumbar (lower back) support.

LEGS

Thighs parallel to the floor.

FEET

Feet should be flat on the floor. Use a footrest if needed.

TAKE BREAKS

Every 20-25 minutes



Source: Occupational Safety and Health Administration