



Healthy Computer Posture Tips

Chair height: Your chair should be at a comfortable height so that the edge of the chair does not cause pressure on your legs.

Backrest position: To provide proper back support the backrest should fit at the small of your back.

Screen height: the top of the screen should be higher than eye level.

Viewing distance: The screen should be 18 inches from your eyes.

Keyboard Height: The keyboard should be at a comfortable height about 2 1/2 inches from the top of the table to the top surface of the space bar or bottom row of keys.

Document holder: Place at the same height as the computer screen.

Feet: Your feet should rest comfortably on the floor or foot rest.

Knees: your knees should be at the same level as your hips or slightly lower.

Wrists: Wrists should be in a straight but relaxed position.

To prevent stress and muscle fatigue: stretch at intervals and look away from the screen, get up and move around as much as possible and vary your work patterns.