Computing with Comfort

It only takes a few adjustments...

Neck Straight

Shoulders Relaxed

Arms hang naturally

When typing, forearms are parallel to the floor and wrists are straight

Back has full contact with the backrest (sit all the way back in your chair). Lower back fits into curved lumbar support

Thighs parallel to the floor

Feet on a footrest



Screen is 15 to 28 inches from the eyes

Screen is at eye level or slightly lower

Screen straight ahead with your line of vision

Use a document holder at screen level

Keyboard is at elbow height

Keep phone, mouse, and frequently handled material within easy reach

Don't wait – adjust today!

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Computing with Comfort

What's wrong with this picture?



You can correct any of these situations without asking permission or buying anything!

Do you look like this? If so, what can you change today?

What is wrong?	How would you change it?	

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