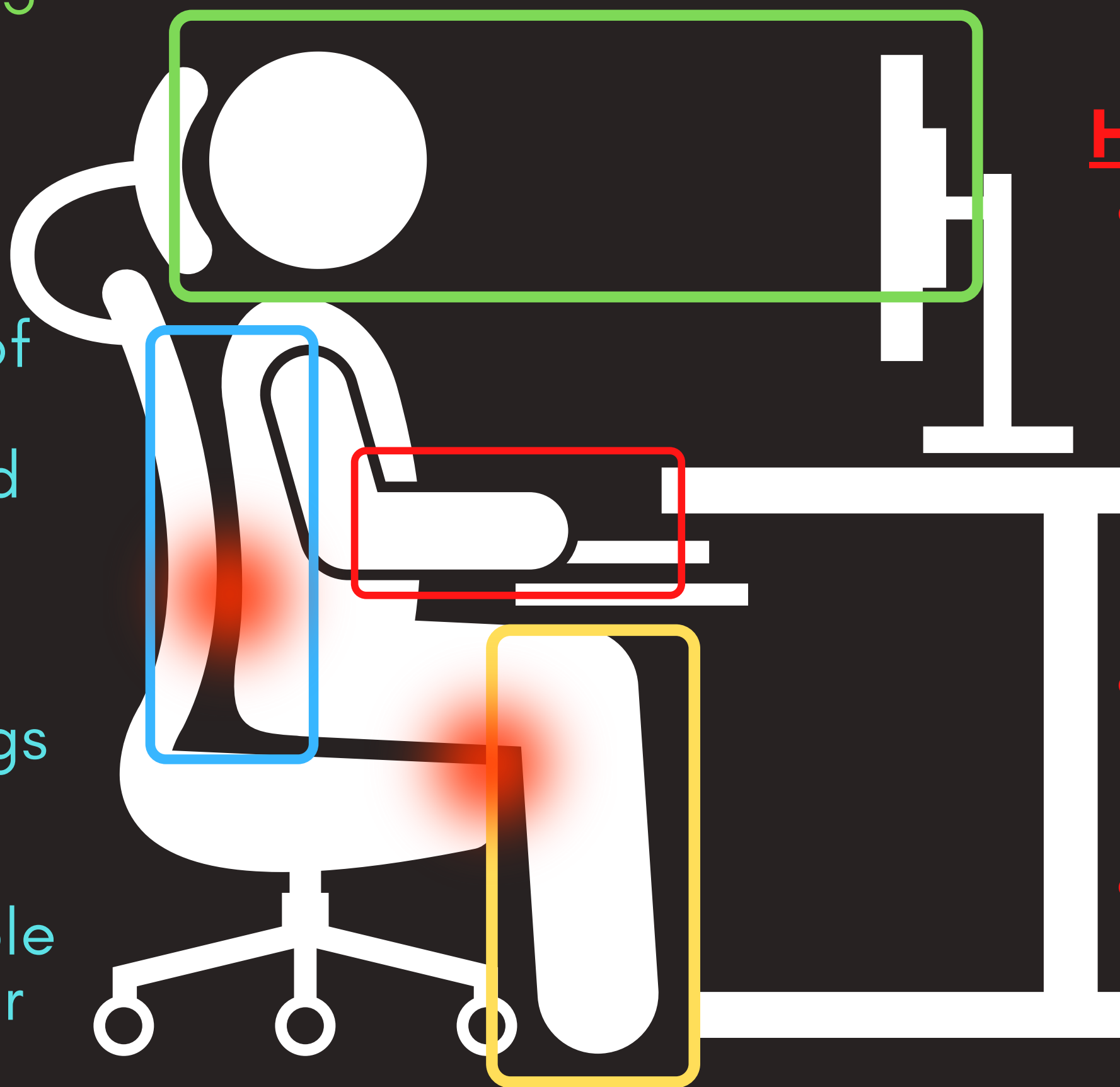


# 4 KEY ELEMENTS

## HOME WORKSPACE

### Head/Eyes to Source

- Top of the computer screen should be around eye level or slightly below
- Screen may be tilted slightly downward to eliminate possible glare
- Try and face your monitor perpendicular to window light sources to avoid excessive glare



### Body to Chair

- Chair should support the lumbar region of your back
- The chair should not create additional pressure to the back of your legs
- IF POSSIBLE - choose a chair that is adjustable to adapt to your unique work space

### Hands to Device

- Keyboard should be at a height that allows elbows to bend just wider than 90 degrees
- keyboard should be near flat and thin
- Try and use an external keyboard and mouse when using a laptop

### Feet to Floor Surface

- Feet should be flat on the floor - dangling feet creates additional pressure applied to the backs of your legs
- If the chair is not adjustable, consider putting a footrest (box-bin-small step stool) underneath your feet



**COMMON IMAGES SEEN ON GOOGLE CAN BE MISLEADING...**

Evidence-based seated postural setup would actually have this person slightly reclined leaving the hips, elbows, and knees positioned at wider than 90 degree angles

