WORKSPACE EXAMPLES

Make Adjustments!

- Monitor is sitting at an appropriate height
- Chair is adjustable with adequate support
- Desk appears high – adjust the chair upward for keyboarding – place a footrest underneath your feet for support
- Leave room for your legs under the table so you may use some of the table to rest your arms while keyboarding

- Desk appears to be at an appropriate height
- Chair has back support and is adjustable
- Adjust the monitor slightly upward – if non-adjustable, place a book or sturdy game box under the monitor
- Place a foot support under your feet to avoid pressure to the back of your legs

- Feet are positioned on the floor
- Chair has adequate back support
- Desk is at an appropriate height
- Move the desk or computer so the windows may be perpendicular to your computer screen (or use blinds to lessen the glare)
- Use sturdy boxes and books to lift the screen up to eye level (may have to use an external keyboard and mouse if working from a laptop)

OCCUPATIONAL SAFETY
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