

### Keyboard/Mouse

- place your mouse beside the keyboard; &
- adjust the height for interaction with neutral, relaxed arms.

### Standing Surface/Habit

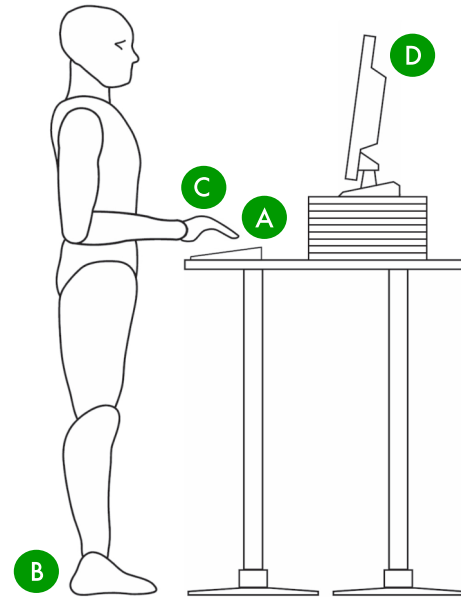
- ensure you stand in a balanced manner;
- wear supportive shoes; &
- consider the floor surface.

### Reach Zones

- ensure equipment/documents can be accessed while maintaining neutral back postures.

### Monitor

- position the top of the screen at eye level; &
- consider placement of multiple monitors to ensure you are working around your midline.



### Keyboard/Mouse

- place your mouse beside the keyboard; &
- ideally, place both at your seated elbow height.

### Chair Height

- adjust seat height so your arms are relaxed, elbows at 90 degrees, and wrists are straight when keying; &
- ensure your knees are bent comfortably and your feet are supported on the floor/footrest.

### Chair Back

- adjust your backrest height to match the curve in your low back; &
- adjust your backrest angle to 0 - 10 degree recline.

### Monitor

- position at arm's length, directly in front of you; &
- position the top of screen at eye level.

