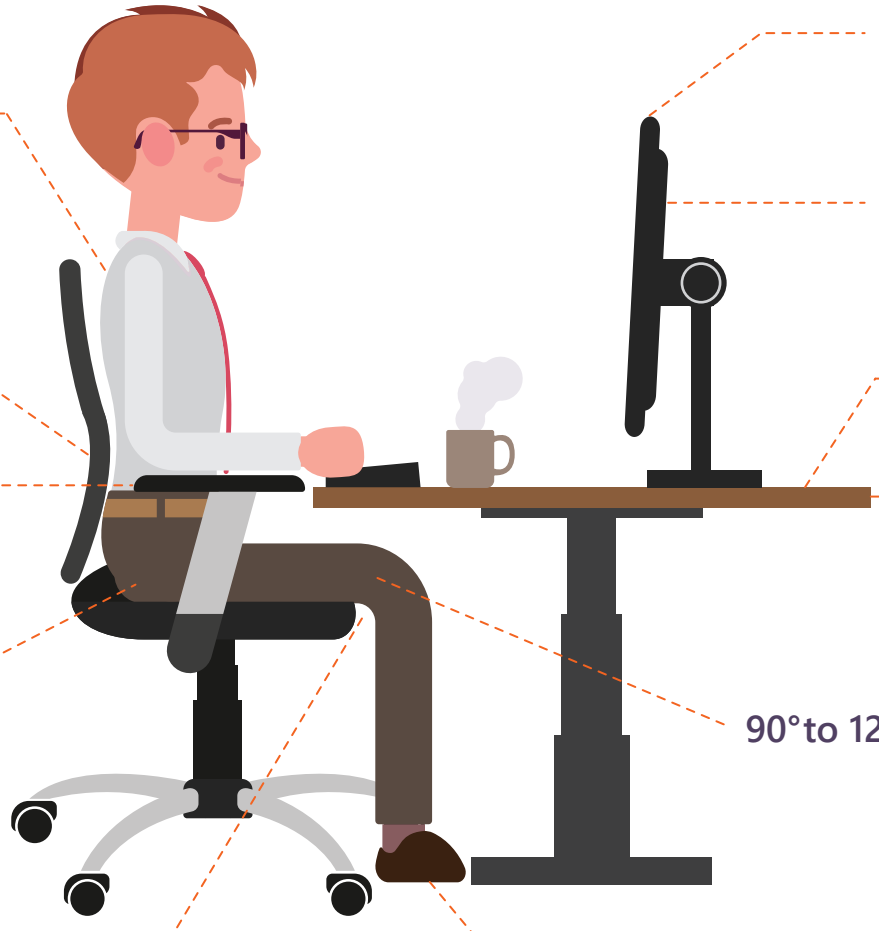
OFFICE WORKSTATION

. Proper setup .



Shoulders are low and back
Not reaching forward

Lumbar support adjusted to
align with lower back curve

Armrests adjusted to elbow
height (elbows bent to 90°)

Hips slightly higher than
knees

2-3″ of space behind knee
and front edge of seat

Monitors are 18-36″ away

Top of monitors are just
below eye level

Keyboard & mouse are
at elbow height

Wrists are straight

90°to 120°angle between legs and hip

Feet are supported on the floor
or a footrest

ewi works.
INNOVATIVE ERGONOMIC SOLUTIONS