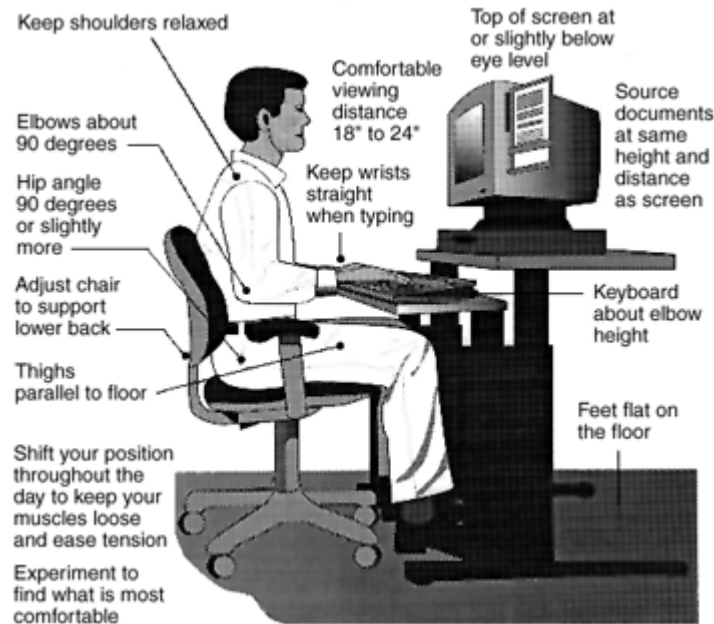


The Computer Workstation



Proper posture at the computer workstation.

Chair

- Stable, mobile, swivels, and allows for operator movement, adjustable seat height.
- Knees are at a 90 degree angle.
- Elbows between 90 to 110 degrees.

Work Surface

- If possible, use a bi-level sit/stand adjustable table that has an adjustable top height: the lower level for the keyboard and mouse or trackball, and the upper level for the computer monitor. The height of each level should adjust separately.
- Keep adequate clearance under the table for leg length, knee height, and thighs.
- Keep paper supply in easy reach.

Monitor

- Use a monitor that tilts and rotates, has adjustable contrast and brightness.
- Use display screen or glare shield, use flat panel display if work surface is limited.

Input Devices

- Rest the arm and hand close to the body and at a natural elevation, not reaching forward or raising the shoulder.
- Locate the input device adjacent to the keyboard.
- Use the whole arm to move the input device instead of just the wrist.
- Wrist rests/pads help maintain a neutral wrist and cushion from hard table top surface.