IT'S YOUR DESK. ADJUST IT!





- 1 Elbows
 At sides approximately
 90 degree bend.
- Chair Height
 Hips approximately
 90 degrees, feet flat
 on the floor.
- Eyes
 Level with top 1/3
 of screen. 18"- 34"

- **4 Keyboard**Same height as elbows.
 Key gently.
- Mouse
 Adjacent to and at same height as keyboard.
- **6 Head**Head back, chin tucked, ears, shoulder, hips aligned.

- 7 Phone Use a headset!
- **8 Feet**Feet flat on the floor or a footrest.

REMEMBER TO TAKE FREQUENT MOVEMENT OR STANDING BREAKS!

