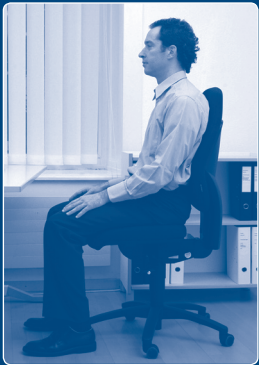
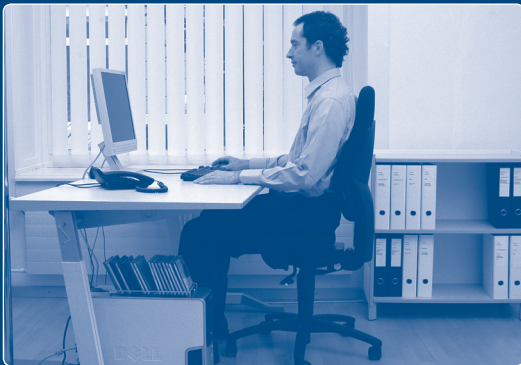


Ergonomics at Computer Workstations



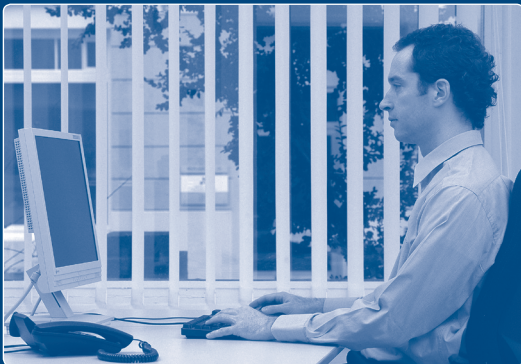
Office Chair

- Seat height: Your knees should be at right angles, and the seat of the chair should support your thighs evenly.
- Seat depth: The area between the edge of the seat and the back of the knee should be 2-3 fingers wide.
- Lumbar support: Provides support for those with a hollow back.
- Back rest: Provides support for your back muscles.
- Tilt mechanism: Should be activated and adjusted to your body weight.



Desk

- Height: Your shoulders should be relaxed, with your elbows at right angles and your hands resting flat on the desk.
- Depth: 80 to 100 cm
- Width: 160 cm
- Leg room: You should have sufficient room to sit down and get up easily.
- Keyboard and mouse: Should be flat against the surface of the desk, 15 to 20 cm from the edge. Use wrist supports with keyboards only.



Monitor

- Position: Directly in front of you
- Height: The top of the screen should be at eye level or slightly lower.
- Viewing distance: 60 to 90 cm between your eyes and the screen
- Position in the room: Monitors should be parallel to the window to reduce glare or reflections on the screen. Avoid uneven lighting and ensure there is sufficient bright light.



Movement

Aim to spend a quarter of your time at work moving around. Stand up to do everything that does not have to be done in a sitting position:

- e.g. opening your mail, making phone calls or using the printer.
- Take the stairs rather than the elevator.
- Conduct discussions standing up.
- Walk around or take exercise during your breaks.