

THE ERGONOMIC WORKSTATION



SITTING: Body position guidelines

- ▶ Lower back supported by a lumbar curve
- ▶ Bottom & Thighs distributed pressure
- ▶ ARMS minimal bend at the wrist
- ▶ The area behind the knee not touching the seat
- ▶ Feet flat on the floor or on a footrest
- ▶ Wrists and hands do not rest on sharp or hard edges
- ▶ The telephone should be used with your head upright (not bent) and your shoulders relaxed (not elevated)