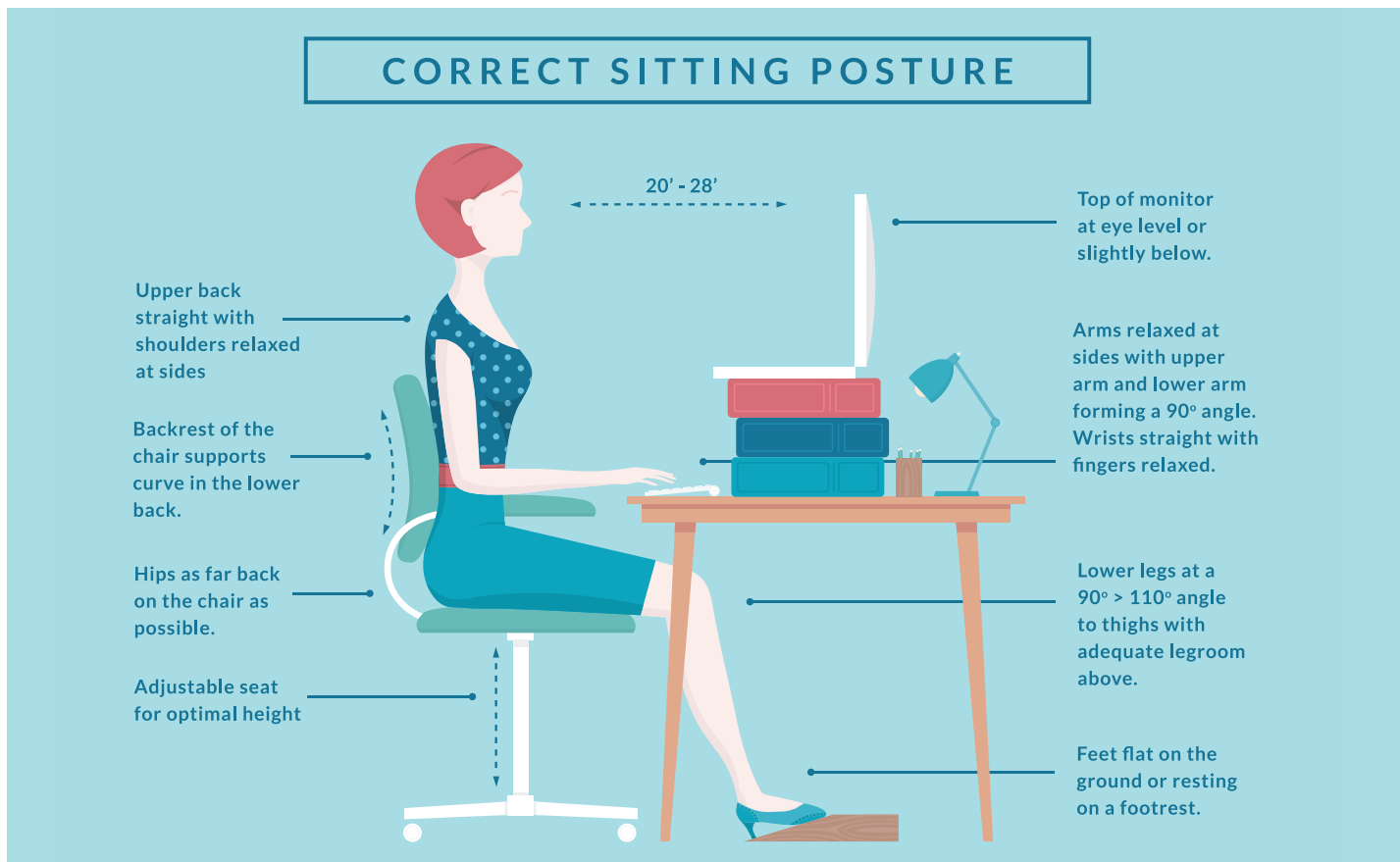


## The Ergonomic Workstation – Home Office



### Summary of adjustments you can make to your workstation at home

- Backrest height should fit the “S” curve, just above the buttocks.
- Seat pan tilt slightly forward.
- With your back positioned against the backrest, the front edge of the seat pan should be at least two inches from the back of the leg calf.
- Use a footrest if the feet are not flat on the floor.
- Adjust the seat height so that the shoulders are relaxed and the angle formed at the elbow is 90 degrees.
- Adjust the laptop (or monitor) height so that the top of the viewable screen is at eye level.
- Your hand should be just above elbow level when resting on the mouse to reduce extension of your wrist.
- Adjust blinds and direct lighting to eliminate glare on the screen.