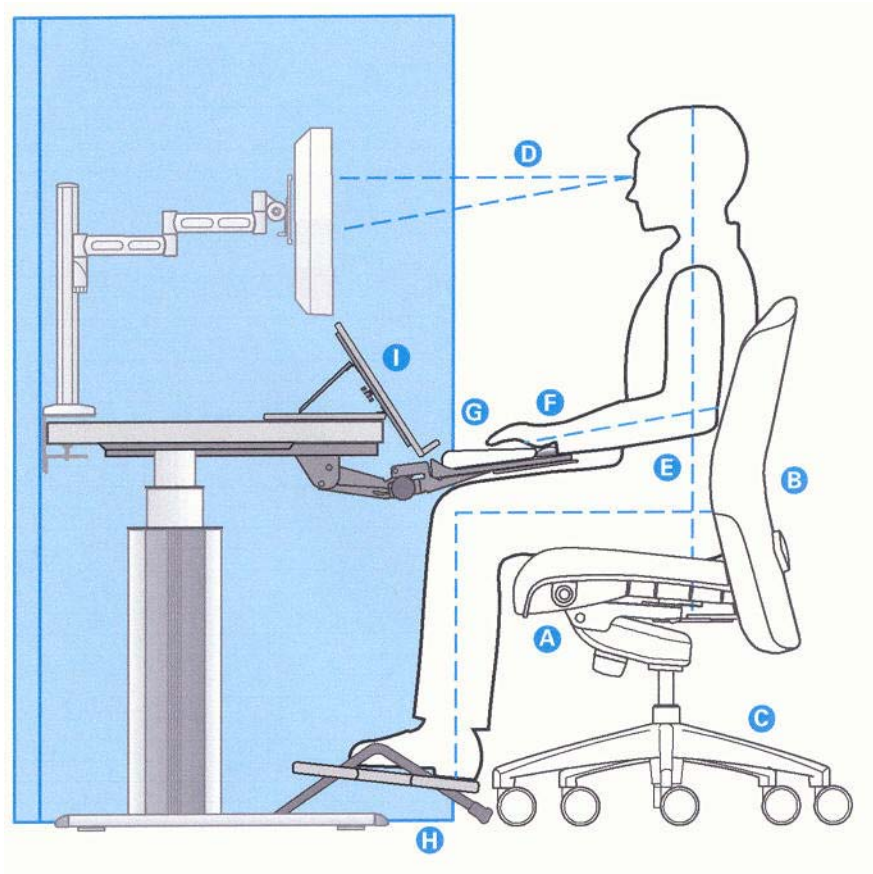




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PROPER COMPUTER POSTURE



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- A. Adjust seat height so thighs are approximately parallel to the floor. Seat pan short enough (front to back) for knee clearance and with a waterfall or tilting front edge.
- B. Adjust backrest to accommodate the normal curve of the lower back.
- C. Swivel chair with 5-point base and casters.
- D. Eyes level with the top of the screen; distance from operator between 18"-30".
- E. Elbow relaxed. Lower arm open to at least 90°-100° to upper arm with keyboard platform set 0°-6° negative tilt.
- F. Wrists should be in a neutral position and not angled up or down.
- G. Keyboard flat at elbow level or angled with a slight negative tilt; with palm rest to support hands during rest.
- H. Feet resting firmly on the floor; footrest recommended if feet are not supported by the floor.
- I. Document holder in line with front of monitor or directly adjacent with the monitor. Height and angle adjusted for the comfort of the user.