Workstation Setup Summary

- Shoulders low and back, no reaching forward
- Armrests adjusted to elbow height (elbows bent to 90°)
- Lumbar support adjusted to lower back
- Hips slightly higher than the knees
- Top of monitor(s) are just below eye level
- Monitor(s) are 18-36”
- Keyboard & mouse are at elbow height, wrists are straight
- 90° to 120° angle
- 2-3” of space behind knee and front edge of seat
- Feet are supported on the floor or a footrest

**Note:**
- Monitor(s) should be within comfortable reach to avoid strain and discomfort.