

Work Station Design

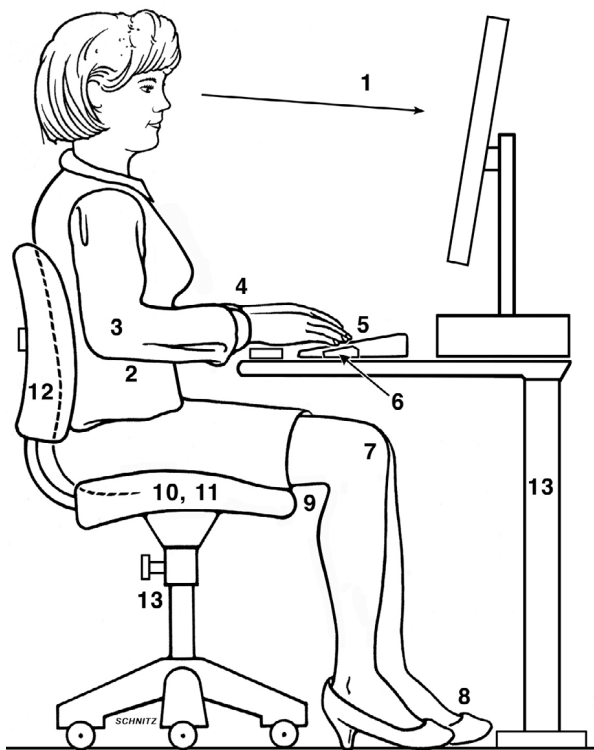
Work Station Design

Proper body positioning at your computer work stations is extremely important to maintain good physical health. To ensure your work station is ergonomically correct, please check the following.

1. Monitor screen - eye level and at arm's length away
2. Elbows - rest next to the body
3. Elbows - bent at 90 degrees
4. Wrists - neutral (straight) position
5. Table / Keyboard - allows elbows to bend 90 degrees
6. Mouse - mouse is placed beside the keyboard
7. Knees - level or slightly lower than hips
8. Feet - rest on the floor or on a footrest
9. Chair seat - soft edge by knees
10. Chair seat - approximately 18 inches wide
11. Chair seat - approximately 15 to 17 inches deep
12. Chair back - low and middle back support
13. Chair height - adjustable, allowing feet to rest flat on the floor

If you have questions regarding your computer work station, please contact the Indiana Hand to Shoulder Center at 1-800-888-HAND (4263).

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This information is provided by the Hand to Shoulder Therapy Center. The Hand to Shoulder Therapy Center offers the following consulting services:

- Computer work station evaluation (on-site)
- Ergonomic educational services

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