OFFICE WORKSTATION

Proper setup.

- Monitors are 18-36” away
- Top of monitors are just below eye level
- Keyboard & mouse are at elbow height
- Wrists are straight
- 90° to 120° angle between legs and hip
- Feet are supported on the floor or a footrest
- Shoulders are low and back. Not reaching forward
- Lumbar support adjusted to align with lower back curve
- Armrests adjusted to elbow height (elbows bent to 90°)
- Hips slightly higher than knees
- 2-3” of space behind knee and front edge of seat

ewi works.
INNOVATIVE ERGONOMIC SOLUTIONS