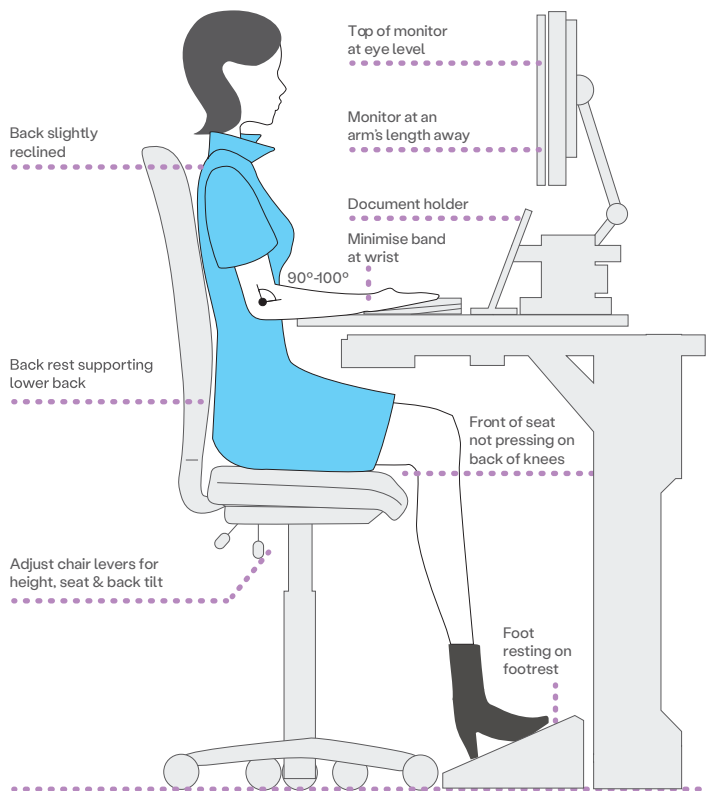


# Safer workspace setup



## Chair height

Adjust your chair height so that your elbows are slightly above your desk height. If your feet are not comfortably on the ground you may require a footrest.

## Monitor positioning

Adjust your monitor so that the top of your screen is level with your eyes, and the screen is arm's length away. If you need to lean in to see your screen, pull it in closer.

## Keyboard placement

Place your keyboard and mouse close to the edge of your desk, sit back in your chair when typing. Your elbows should be at your side when typing.

For more Workplace Health & Safety tools and information visit [eml.com.au/resources](https://eml.com.au/resources)

