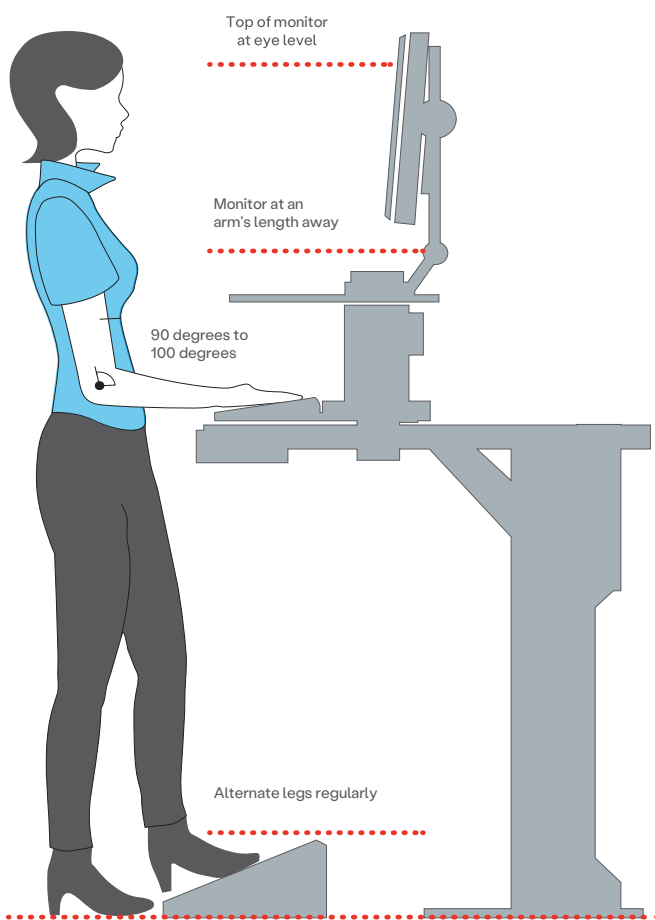


# Safer workspace setup



## Desk adjusted to elbows' height

Bend your elbows at a 90 degrees angle, keeping your neck neutral and your wrist straight in front of you.

## Watch posture

Keep your neck tall, and your shoulders relaxed. Make sure to keep your knees slightly bent while standing so they are not hyper extended or have their joints locked.

## Keep your wrists straight and parallel to the desk surface

The final adjustments are to ensure your wrists remain neutral: your fingers can hang down to meet your keyboard, but your wrists should never be inclined.

For more Workplace Health & Safety tools and information visit our **WHS poster library**

