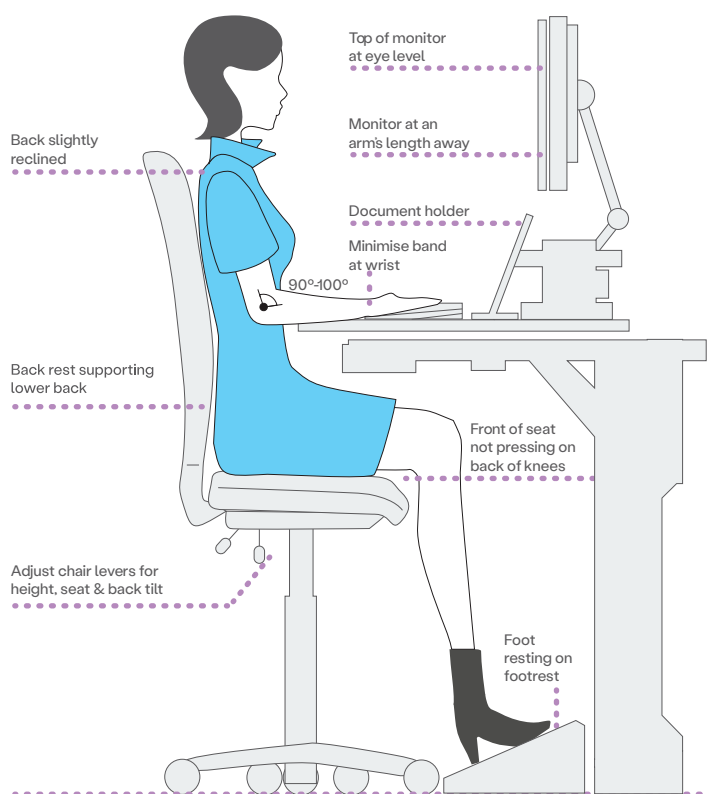


Safer workspace setup



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

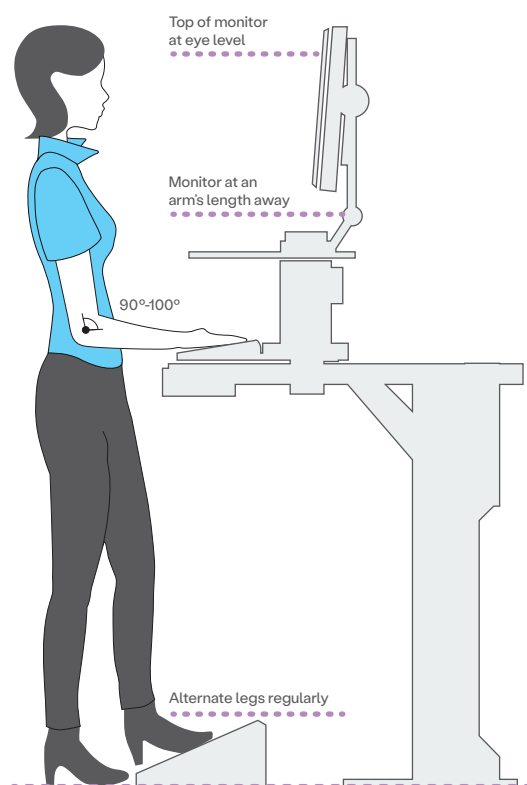
Adjust your monitor so that the top of your screen is level with your eyes, and the screen is arm's length away. If you need to lean in to see your screen, pull it in closer.

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.



Safer workspace setup



Desk adjusted to elbows' height

Bend your elbows at a 90 degrees angle, keeping your neck neutral and your wrists 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 hyperextended 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**

