

HOW DO YOU MEASURE UP?

Ears, shoulders, and hips
line up vertically

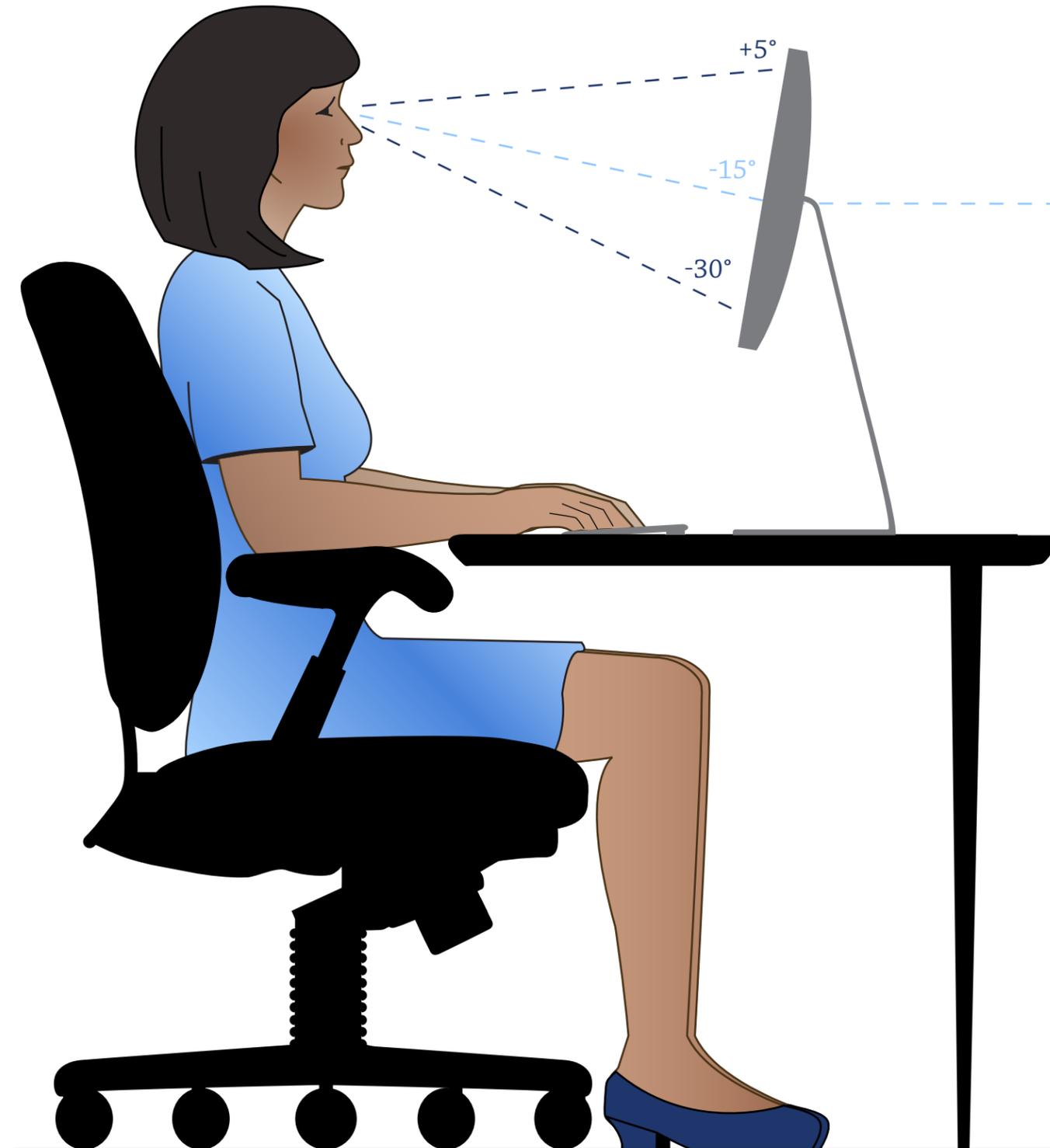
Elbows bent at a 90° angle
while using a keyboard
(range 70° to 110°)

Upper arm pointing
toward floor

Arm and wrist support

Elbows bent at a 90° angle
while using a mouse

Hips as far back as possible
and bent at a 90° angle
(range 90° to 100°)



Monitor within the
normal cone of vision
(range +5° to -30°)

Mid-monitor height
(-15° viewing angle)

Monitor at proper
viewing distance
(arm's length or 18–22")

Wrists straight

No sharp edges pressing
into employee

Knees bent at a 90° angle
(range 70° to 110°)

Adequate thigh and leg
clearance

Feet supported