

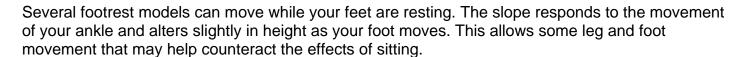
## Your Computer Workstation May Need a Footrest

FACT SHEET 88-012-0311

You need a footrest if your feet do not rest flat on the floor after your chair has been properly adjusted.

Your footrest should be:

- Adjustable in height and inclination.
- Designed so it does not restrict leg movement.
- Easy to remove.
- As wide as your hips.
- Large enough to support the soles of both of your feet.
- Covered with a nonskid material to reduce slippage.



As a quick *temporary* fix for a footrest, use old phone books or binders.

Working in a seated position can cause your lower legs to swell. How much swelling depends on both your activity and personal health.

- Too much pressure on the back of the thighs or knees can affect your nerves and blood circulation.
- The weight of your legs will tend to tilt your pelvis, arching the small of the back.

