

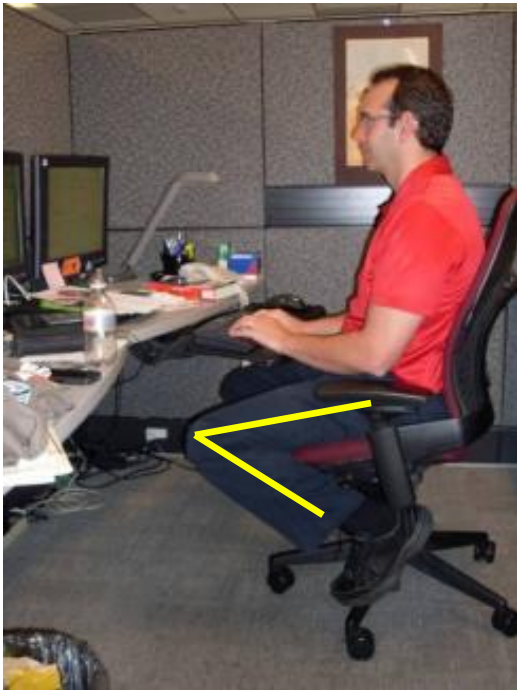
Step by Step Ergonomic Set-up of Your Office Chair



ARMY INSTITUTE OF PUBLIC HEALTH

Seated Ergonomics Set-Up Tips

1. Have subject sit away from desk.



Seated Ergonomics Set-Up Tips

2. Adjust chair so knees are at or are slightly higher than the hips and the feet are firmly supported by the floor. (If feet cannot reach the floor the subject is a candidate for a foot rest.)



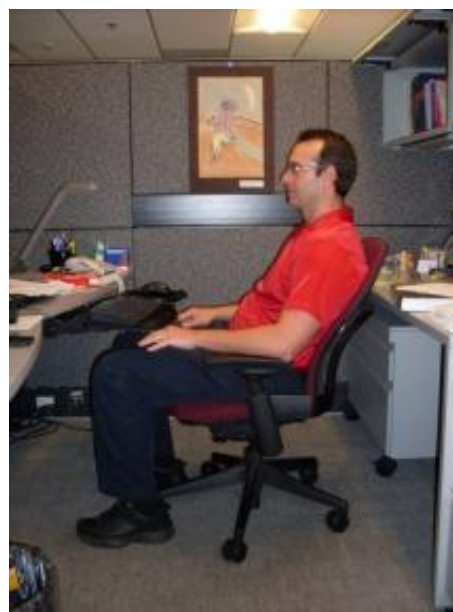
Seated Ergonomics Set-Up Tips

3. Have subject relax their shoulders
4. Have subject keep upper arm by their side
5. Have subject bend elbows at 90 degrees.
6. Adjust armrests so forearm is supported



Seated Ergonomics Set-Up Tips

7. Have subject sit at desk (note subject is slightly reclined).
8. Adjust keyboard tray so forearm, wrists, and hands are straight, parallel to the ground, and can easily reach mouse and keyboard.



Before Step 8



After Step 8

Seated Ergonomics Set-Up Tips

9. Adjust monitor height so eyes are level with top of monitor (non-bifocal users only).
10. Adjust lumbar support so the small of the back is supported.
11. Adjust backrest so back is slightly reclined, no slouching.

