

Ergonomics for back, wrist, and neck pain



1. Ensure your screen is at eye level (use an external monitor or laptop stand)

2. Position both the mouse and keyboard at about elbow height

3. Push your hips as far back as they can go in the chair

Keep your shoulders and back straight

Keep your feet flat on the floor

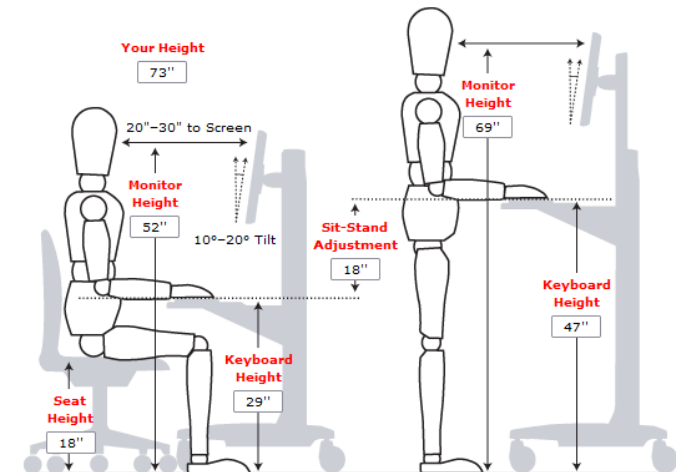
4. Avoid sitting in the same position for more than 30 minutes



1) Click your height

5'0" 5'1" 5'2" 5'3" 5'4" 5'5" 5'6" 5'7" 5'8" 5'9" 5'10" 5'11" 6'0" 6'1" 6'2" 6'3" 6'4"

2) Note values displayed below - [Printable Worksheet PDF](#)



ergotron.com/tools/workspace-planner