

# CORRECT SITTING POSTURE

## COMPUTER WORKSTATION ERGONOMICS

### MONITOR

Adjust distance and height: top of the monitor at eye-level and slightly tilted.

18/24 in (45-70 cm)

### ARMS

Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

### CHAIR

Should have a backrest and armrests, adjust height.

### LEGS

Thighs parallel to the floor.

### FEET

Parallel to the floor, use a footrest if necessary.



To learn more, visit  
[www.WellonTarget.com](http://www.WellonTarget.com).

© Onlife Health, 2018

Well onTarget®