

# CORRECT SEATING ERGONOMICS

Courtesy of **Advance OHS**

**1** Is the seat height adjusted so that the user's thighs are parallel to the floor with feet resting on the floor or on a footrest?

**2** Is the backrest adjusted to fit into lumbar spine curve to support the back?

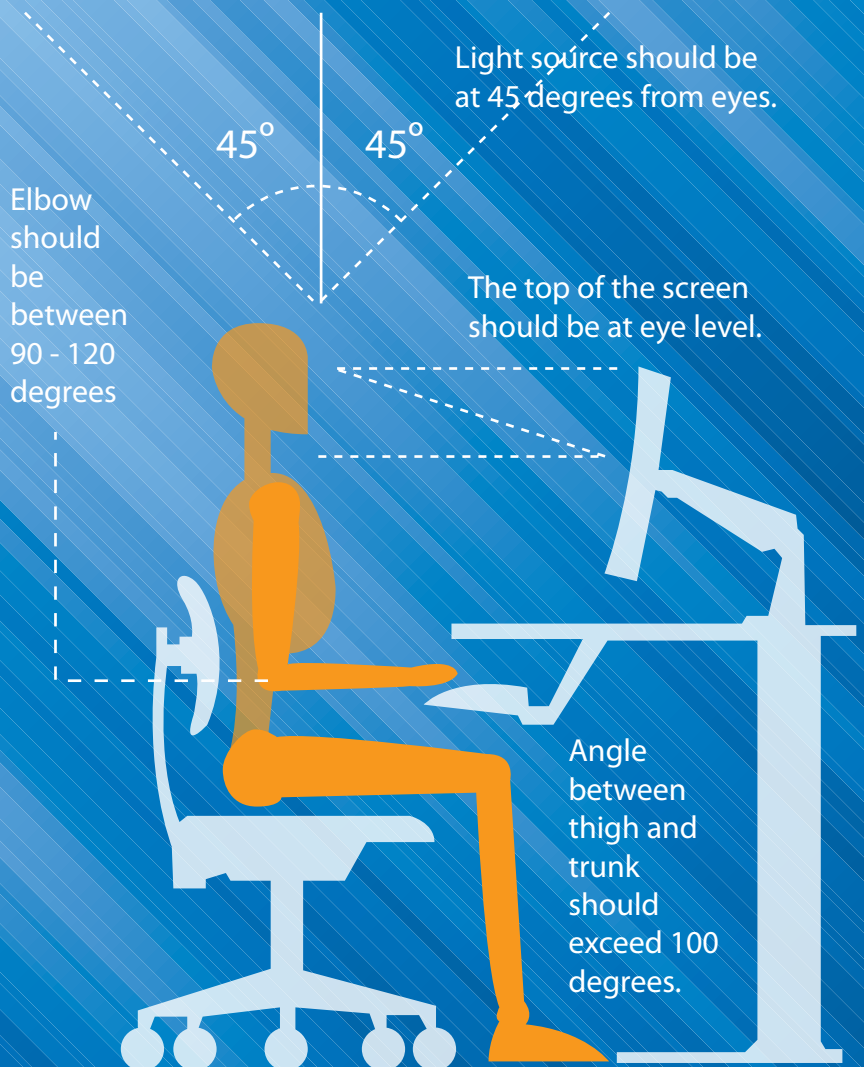
**3** Are your forearms parallel with the floor or angled slightly downward?

**4** Is the screen at a comfortable reading distance (arms length away)?

**5** Is the keyboard parallel to monitor and 75mm from edge of desk?

**6** When sitting tall and looking straight ahead is the user looking at the top edge of the screen?

**7** Are all often-used items within easy reach?



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