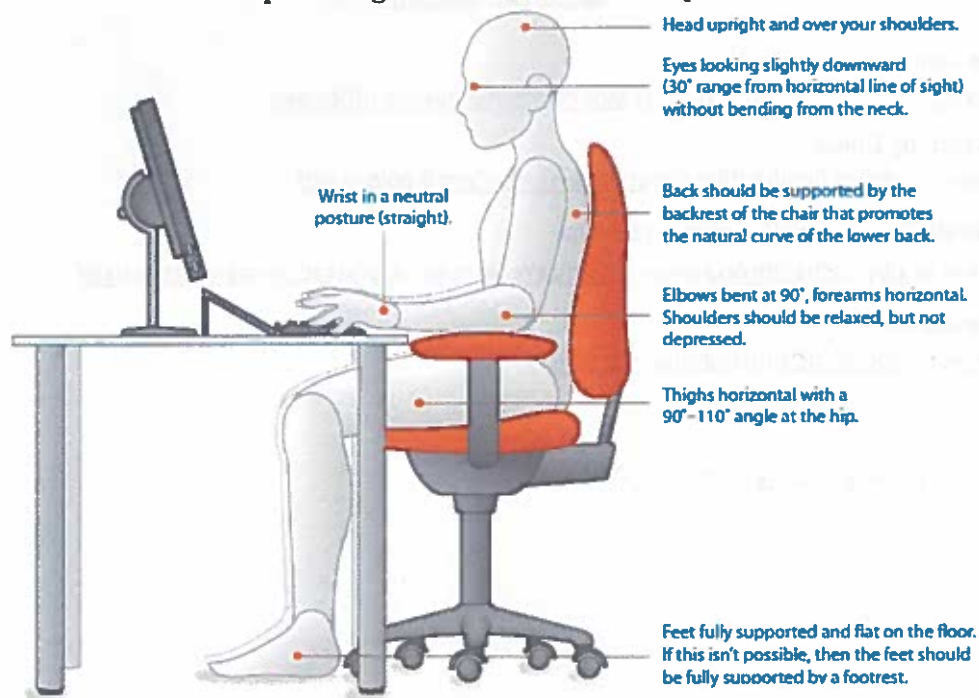


Optimizing Comfort at Your Computer



From: WorkSafe NB

Monitor

- ⌞ Height: top line of text at eye level
- ⌞ Distance: approximately arm's length away (further is okay if font is large enough)
- ⌞ Enlarge font & display settings & adjust screen brightness (typically 70 to 80%)
- ⌞ Place monitor perpendicular to window or between rows of lighting

Chair:

- ⌞ Adjust Height: Feet firmly supported (on floor or footrest)
- ⌞ Adjust lumbar support to fit small of back
- ⌞ Adjust seat pan: should support length of thigh without cutting into calf
- ⌞ Adjust/lock tilt tension
- ⌞ Adjust armrests (support elbows at 90°)

Keyboard & Mouse:

- ⌞ Keyboard & Mouse should be positioned just below elbow level
- ⌞ Before installing a keyboard tray (if needed) consider: orientation to window/lighting & orientation to others before deciding which side of the desk you will want to use
- ⌞ Use keyboard shortcuts and periodically use mouse with alternate hand

Move! Move! Move!

- ⌞ No posture is ideal indefinitely; movement is needed
- ⌞ Download [WorkSafe Sam](#) or UBC's [Stretching Guide](#)

Live Tutorials: Last Thursday of every month

Online Resources: