SAFETY | TALK IT UP!

Ideal Sitting Posture for Desk Comfort

MONITOR
Adjust to eye level and slightly tilted

CHAIR
Adjustable height swivel chair with a backrest and armrests

ARMS
Relax shoulders, forearms parallel to floor; elbows close to body; minimal bend at wrists

LEGS
Front of seat not pressing on back of knees

FEET
Feet flat on ground or on a footrest

18-24 in. (45-70 cm)

TAKE BREAKS EVERY 25 MIN.

More Desk Ergonomics Tips:

KEYBOARD
- Position 1” below resting elbow to help relax shoulder
- Use a keyboard support that tilts forward

MOUSE
- Place mouse close to keyboard to avoid over-reaching
- Glide mouse with heel of palm, don’t grip

ILLUMINATION
- Place task light opposite writing hand
- Position light source to avoid glare and casting shadows

To schedule an ergonomic assessment of your workspace, go to the Campus/Facilities site on LookUp and complete a CBRE request form.