

HOW TO ARRANGE YOUR WORKSTATION

EYES:

Your eyes should be level with the center of your monitor so if you look at the top of the screen you will feel like you are looking up slightly. Use blue light blocking glasses!

Monitor Height:

The height of your monitor should have your eyes at the center of the monitor. ALSO, turn off the blue light setting.

MONITOR:

Your monitor should be at arms length away from your body. Monitor angle should be flat, so you are looking straight at it.

CHAIR:

Use a chair that is adjustable that allows you to sit up straight without feeling like you have lean back on the back support.

WRISTS:

Your wrists should be on a wrist guard and slightly turned up while typing on an ergonomically designed keyboard or mouse.

ELBOWS:

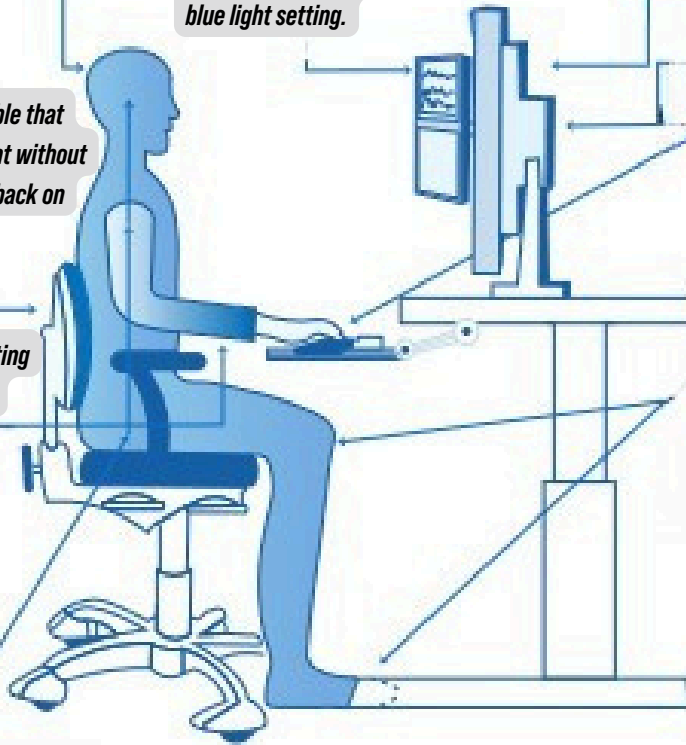
Your elbows should be resting at your side when you are typing or mousing.

KNEES:

Your knees should be at a 90 degree angle and your feet flat on the floor. For shorter legs get a stand to put your feet on.

EAR, SHOULDER, HIP:

Your ear, center of shoulder and center of hip should line up in a straight line.



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The Wellness Way - South Denver
3400 E. Bayaud Ave, #290 Denver, CO 80209
303-399-3569
www.denver-chiropractor.com