



Head upright and over your shoulders.

Eyes looking slightly downward
(30° range from horizontal line of sight)
without bending from the neck.

Wrist in a neutral
posture (straight).

Back should be supported by the
backrest of the chair that promotes
the natural curve of the lower back.

Elbows bent at 90°, forearms horizontal.
Shoulders should be relaxed, but not
depressed.

Thighs horizontal with a
90°-110° angle at the hip.

Feet fully supported and flat on the floor.
If this isn't possible, then the feet should
be fully supported by a footrest.