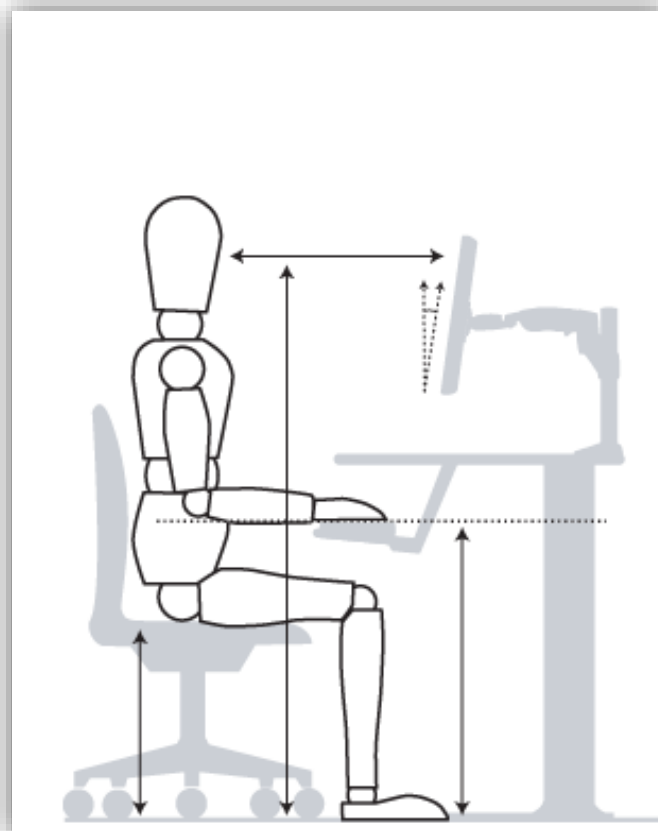




Office Ergonomics – Sit and Stand Workstations

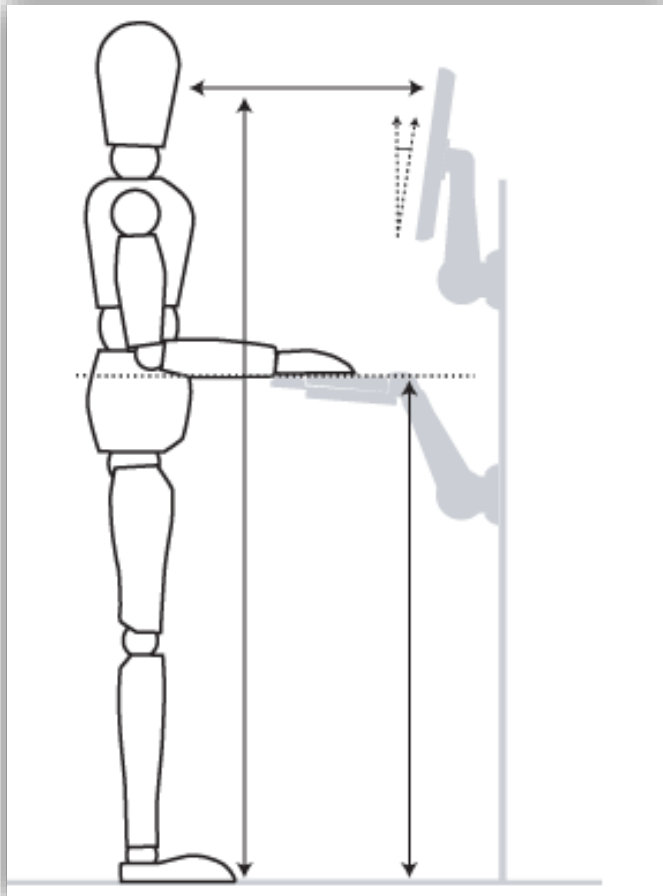
The diagrams below show the proper computer position that reduces potential stressors that may cause varied disorders. When using a computer, remember some basic rules:

1. **Maintain your neck in an upright position so the screen is at eye level.**
2. **The monitor should be at least 18" from your eyes.**
3. **Keep your elbows at the sides of the body and at a right angle to the keyboard.**
4. **Keep your wrists in a straight or neutral position to avoid stressors on the carpal tunnel.**
5. **Avoid excessive force such as gripping the mouse too tightly or typing in the same position for too long.**



Sit-Stand Workstation Recommendations

1. Standing workstation follow similar adjustment patterns for monitor height as sitting workstations. Make sure the screen is adjustable and is at eye level in both the sitting and standing position(s).
2. The keyboard should be placed about the natural waist level, or at the crook of the elbows. Similar to the ideal position in a sitting workstation.
3. Evaluate posture while standing. If employees are uncomfortable or showing poor posture while working at standup stations, adjustments should be made to correct body and equipment positions.
4. Alternate between sitting and standing.
5. Anti-fatigue mat should be placed at the workstation.



This Alliant Risk Control Consulting fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.