Preferred Computer Workstation Design

Provide as much adjustability in seating and workstation as possible. This is key.

- Head facing forward and level
- Seat lumbar support is properly adjusted
- Keyboard height set with neutral wrist position, elbows will be 90°
- Arm rest adjusted below the elbow when keying
- Seat pan height in line with the back of the knees
- Chair should swivel
- Five legs for stability
- Top of the “viewing area” at eye level
- Viewing distance depending on size of monitor - 18”- 40”
  Adjust font size or zoom to prevent eye strain
- Screen positioned and angled to prevent glare
- Wrists in a neutral position
- Thighs parallel to the floor
- Ample knee room
- “Waterfront” seat front
- Feet on the floor in front or angled foot rest for comfortable change of position
- For mousing/wrist complaints, a trackball is often helpful
- Optimal Reach
- Extended Reach