



## Sitting Pretty

- \* Balanced head position with chin tucked in.
- \* Shoulders relaxed.
- \* Upper arms vertical, forearms horizontal.
- \* Wrists in neutral position.
- \* Arms supported on the desk at level of the elbow.
- \* Slight arch in the lower back.
- \* Sit well back on the chair, thighs supported.
- \* Feet flat on the floor or footrest.
- \* Breast bone elevated. Imagine a rope attached to the breast bone being pulled from above at about 45 degrees.
- \* Top of the screen at eye level or no more than 21 degrees.
- \* Sit close to the desk.
- \* Monitor must be arm's length away.
- \* Have the mouse close so that forearm is resting on the desk.

Poor sitting posture with curved spine and chin pushed forward can lead to severe back and neck problems.

Incorrect desk height and poor hand/arm position can lead to painful wrists and fingers.

**Correct sitting posture**