

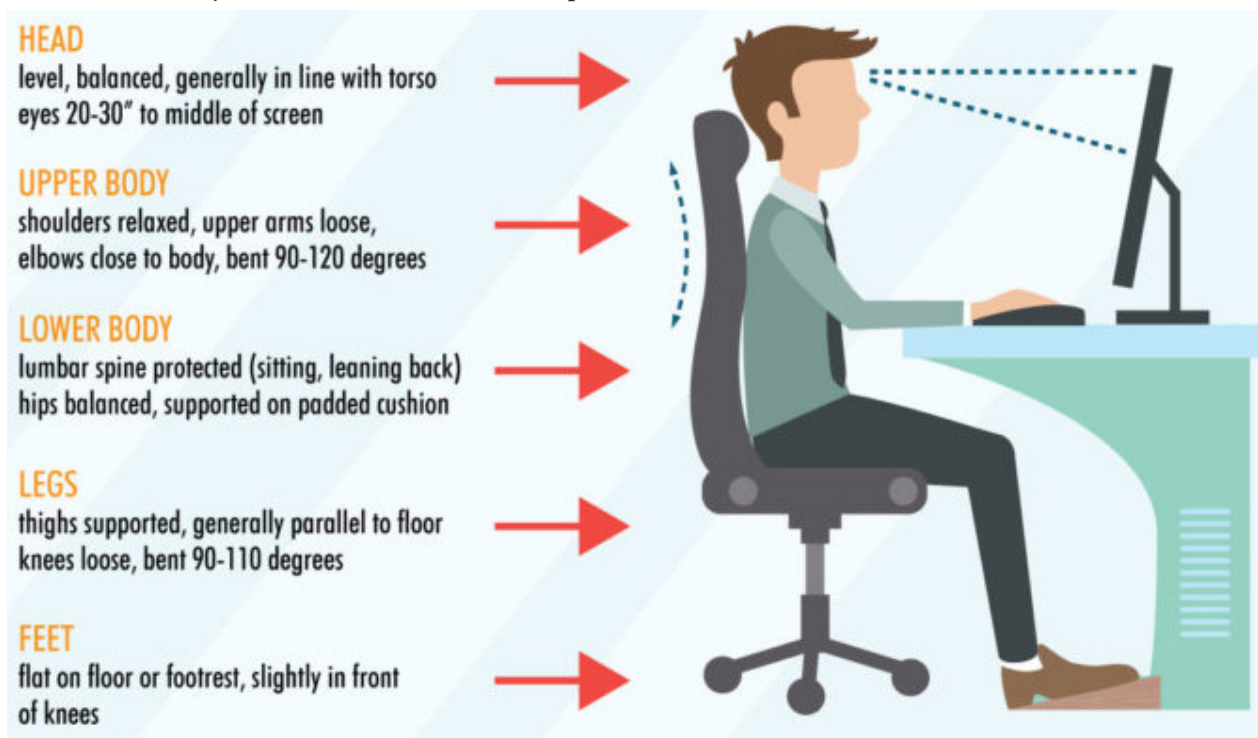
Ergonomics for Sitting in Front of a Computer

When we talk about sitting, we need to consider the surface we are sitting on. This is usually a chair. So height, back, and depth of the chair all matter. The chair should be adjustable in height and with back support for your correct posture.

Also, if we use a computer, the position of the screen, placement of the mouse and the keyboard also play a vital role for head, neck and hand ergonomics.

Correct positioning in the chair

- Your head and neck should be straight, tucked in.
- Ears, shoulders, and hips should be in alignment. Hips, knees, and ankles should be making 90 – 90 – 90 degree angle.
- Your forearm (from elbow to wrist) should be supported.
- Elbow should be flexed at approx. 95 to 100 degrees while using the keyboard.
- The mouse should be at the same height as the keyboard.
- The wrist should be at approx. 10 to 15 degrees of flexion.
- The computer screen should be at your eye level so that you don't have to keep your neck consistently tilted at one side or in one position.



Source: Occupational Safety and Health Administration • <https://www.osha.gov/>

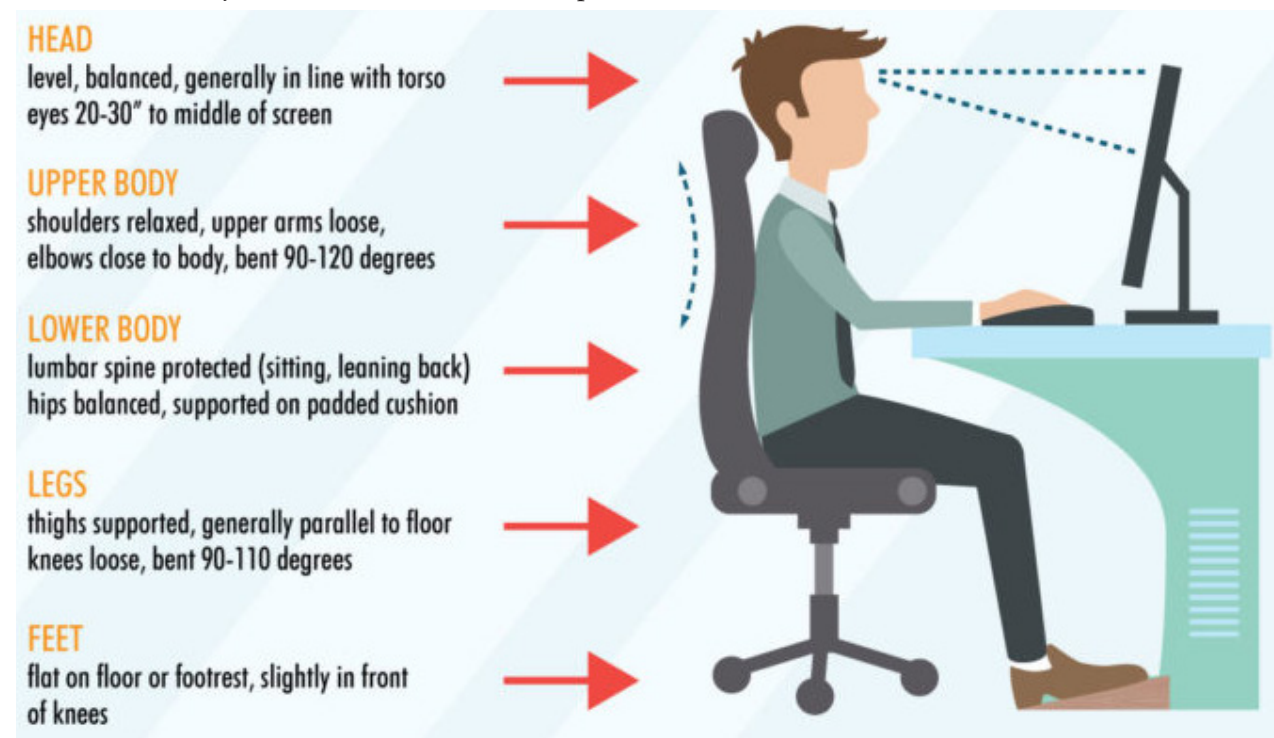
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