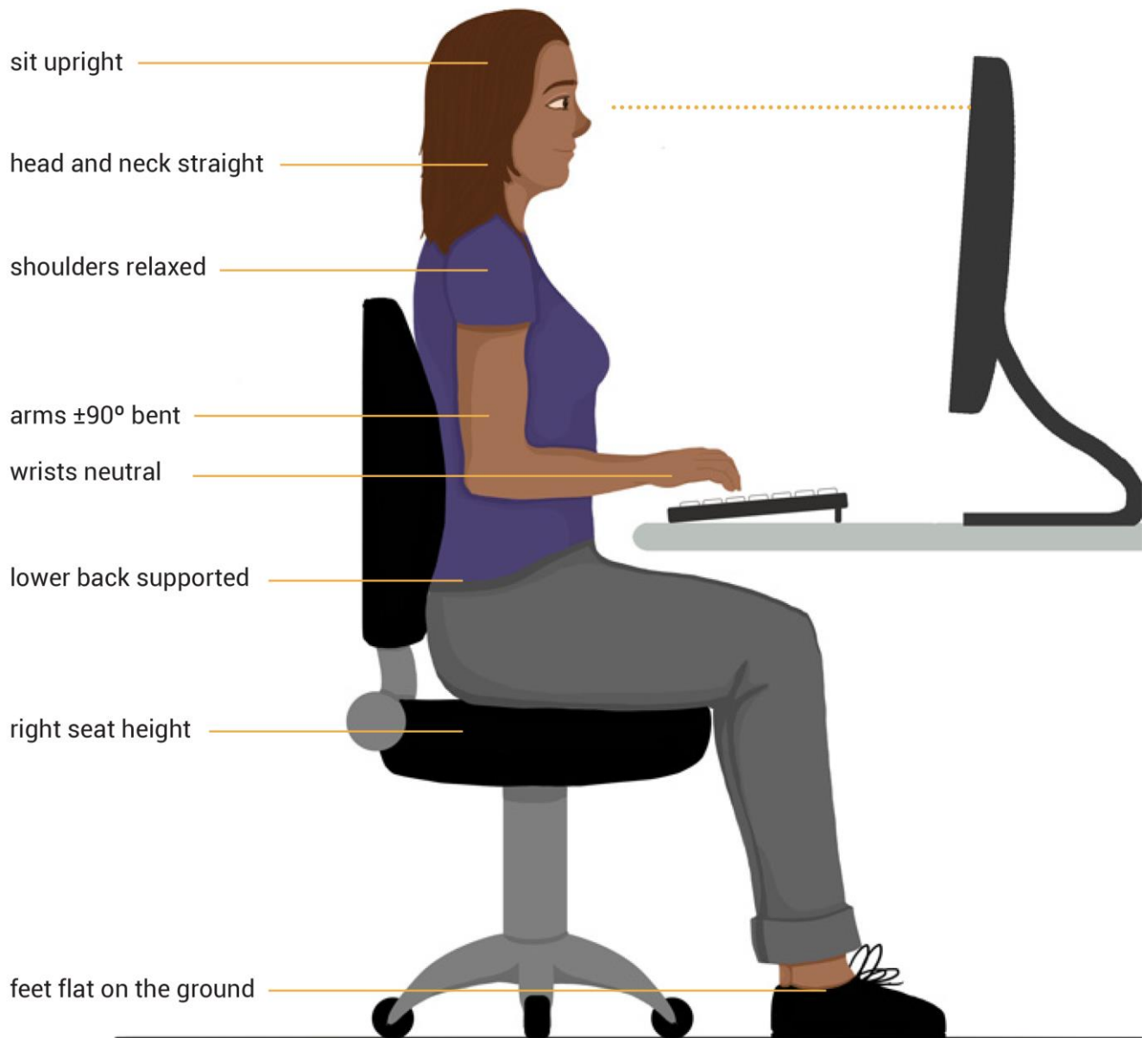


# Are you sitting comfortably?

## Ideal seated position for DSE work



1. The seat back should be adjusted so you are sitting upright.
2. The lower back should be supported.
3. The seat height should be adjusted to achieve 4-7 below.
4. There should be no excess pressure on the underside of the thighs and back of the knees.
5. There should be room under the desk to allow changes in posture (no obstacles)
6. Forearms horizontal, elbows approximately at right angles.
7. Hands and wrists should be horizontal, minimal bending.
8. Screen height should be adjusted so the head and neck are straight.
9. Ensure there is space in front of your keyboard to support your hands/wrists.
10. Your feet should be flat on the ground. Use a foot support if this is not possible.
11. Arm rests should be adjustable in height or low enough to push the chair under the desk.