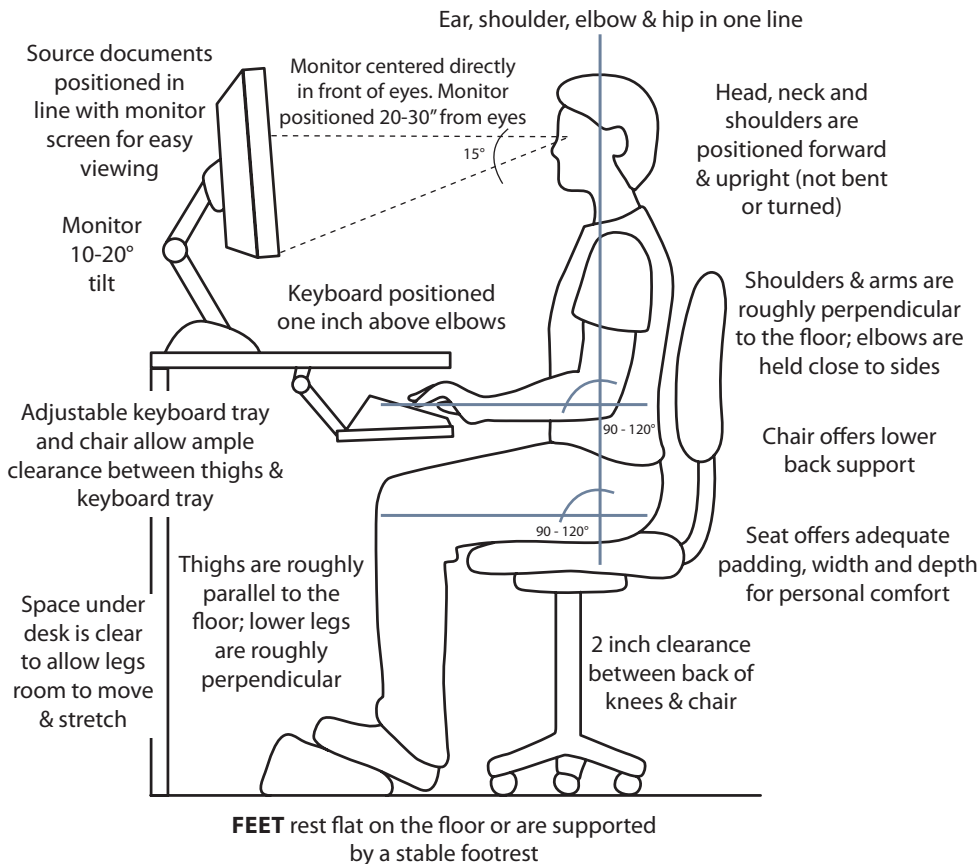




THE CENTER FOR PHYSICAL REHABILITATION

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SEATED ERGONOMIC WORK STATION



BODY POSITION GUIDELINES

- **LOWER BACK** supported by lumbar curve
- **ARMS** minimal bend at the wrist
- **AREA BEHIND THE KNEE** not touching seat
- **FEET** flat on the floor or on a footrest
- **WRISTS** and **HANDS** do not rest on sharp or hard edges
- **TELEPHONE** can be used with your head upright (not bent) and your shoulders relaxed (not elevated)

Optional Work Surface height varies with the work performed and the height of the employee

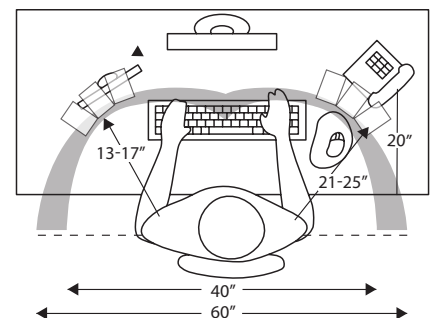
PRECISION WORK: 31-37 inches

READING / WRITING: 28-31 inches

TYPING / LIGHT ASSEMBLY: 21-28 inches

WORKSTATION GUIDELINES

- **MONITOR** - Top of screen and distance is at or below eye level so you can read it without bending head or neck
- **GLARE** from lights or windows is not reflected in screen causing awkward postures
- **MOUSE OR TRACKBALL** Located close to keyboard so it can be used without reaching and is easy to activate
- **WRIST/ PALM REST** Padded and free of edges and allows your forearms, wrists, and hands to remain straight and in-line



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