

Get comfortable

If you need to be at a computer for most of the day, try to adjust your equipment and posture like this:

Arms relaxed by your side



Balanced head, not leaning forward



Screen approximately arm's length from you



Sit back in the chair with back rest adjusted suitably

Top of screen about eye level



Forearms parallel to desk



Feet supported on the floor or on a footrest



You can reduce your risk of musculoskeletal injury simply by arranging the equipment on your desk into zones based on how frequently you use it:

