Setting up your workstation

Top of monitor at eye level

Monitor at an arm's length away

90°-100°

Top of monitor at eye level

Monitor at an arm's length away

90°-100°

Alternate legs regularly

Front of seat not pressing on back of knees

Back slightly reclined

Back rest supporting lower back

90°-100°

Minimise bend of wrists

Adjust chair levers for height, seat & back tilt

Feet resting on footrest

To find out more, contact
02 9351 5555
whs.information@sydney.edu.au
sydney.edu.au/whs