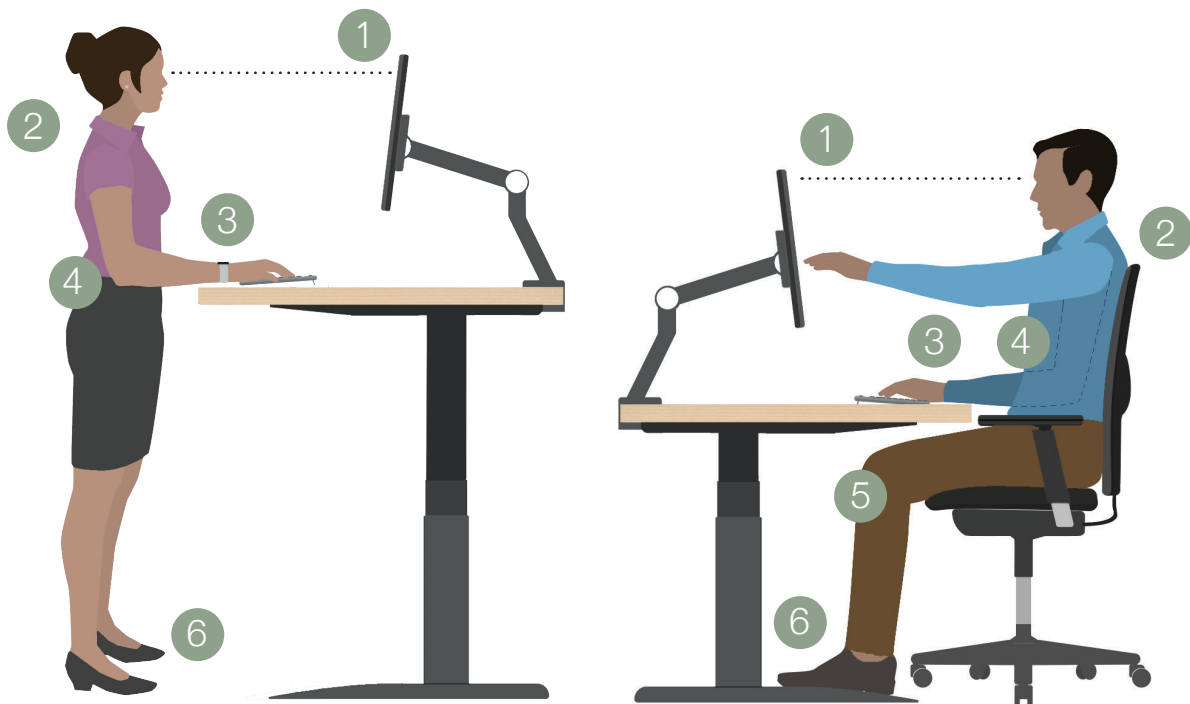


AGING WITH ALOHA  
ERGONOMICS

# Ergonomic WORKSTATION Setup

Tips for promoting proper ergonomics in the workplace

Your height-adjustable workstation gives you the opportunity for optimal ergonomic positioning while working at your desk - sitting or standing. Every body is different, but the overall goal is neutral posture for your spine and joints. Here are some helpful hints for achieving optimal ergonomic posture.



## 1 Monitor:

Head and neck in neutral position with monitor set-up one arms-length away, eyes level with top 1/3 of screen.

## 2 Shoulders and Neck:

Upright and relaxed with back and neck in a neutral position. Ears, shoulders, and hips aligned.

## 3 Wrists:

Neutral position with keyboard and mouse in close proximity.

## 4 Elbows:

At 90° angle by your side and parallel to the ground. Place frequently-used items nearby to avoid over-reaching.

## 5 Knees:

At 90° angle seated in chair, allow 2 finger space between chair and back of the knee to avoid pressure.

## 6 Feet:

Both feet flat on the ground.