

Ergonomics of Sitting

1. **Chair Depth** – When sitting, back should be firmly against the back of the chair maintaining lordosis (spinal curve) with pressure
2. **Chair Height** – When sitting, feet should be flat on the floor with only mild pressure on the backs of your thighs on seat of the chair; you should be able to slide hands easily under thighs.
3. **Keyboard / Mouse Height** (*do this procedure away from desk*) – Sitting in your chair as adjusted above, close your eyes, relax shoulders, bend elbows to 90 degree angle. Measure from wrist/hands to floor; adjust keyboard/work area to that height. **NOTE:** If chair height needs to be adjusted up, you will have to raise a platform for your feet to keep proper pressure on underneath of thighs.
4. **Ideal Monitor Height** (*do this procedure away from desk*) – Sit in properly adjusted chair, facing the wall, eyes closed. Then open your eyes and the first point your eyes focus on should be the height of the monitor at your desk.

