

# HOME WORKSTATION SETUP

## FOLLOW THESE STEPS FOR OPTIMAL WORKSTATION SET-UP

- STEP 1**  
Adjust chair height so that elbows and wrists are level or elbows slightly higher in typing position
- STEP 2**  
Use a footrest if your legs are not comfortable on the floor
- STEP 3**  
Adjust backrest so that lumbar curve is well supported
- STEP 4**  
Adjust screen distance so that you do not need to lean forward.
- STEP 5**  
Adjust screen so top of screen is approximately the same height as eyes \*



## KEYBOARD AND MOUSE

1. Keyboard and Mouse should be in line with screen
2. Mouse should be as close to the body (midline) as possible

## REMEMBER TO REST AND EXERCISE

1. Take regular 5-10 sec micropause to give muscles a break
2. Get up from your chair every 45 minutes or so, and change posture
3. Do some regular stretches of any body parts that are getting tired

\* If using multifocal lenses screen height may need to be slightly lower