



# Tips for an Ergonomic Work Station



Plan + Move + Store + Install

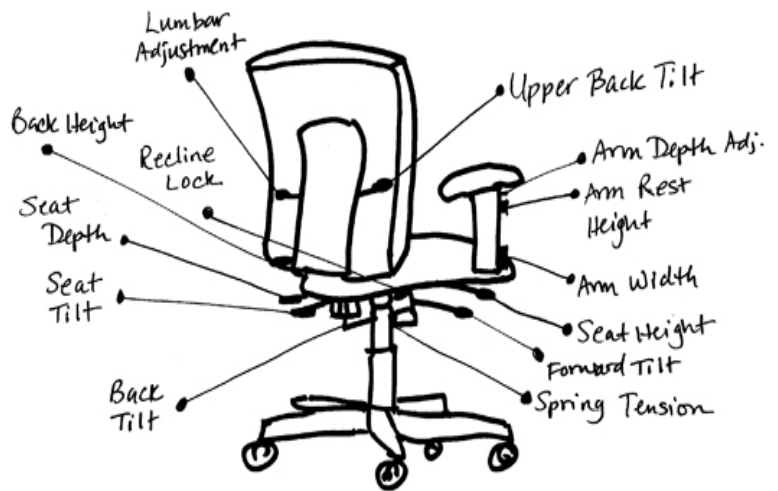
- Residential Relocation
- Commercial Relocation
- Employee Relocation
- Large Equipment Handling
- Laboratory Relocation
- Design & Space Planning
- Storage and Warehousing
- Office Furnishings & Installation
- Tradeshow and Display Storage and Installation



1. Top of monitor at or below eye level
2. Monitor and keyboard centered in front of you
3. No glare on screen
4. Documents in line with keyboard and monitor
5. Negative tilt keyboard support
6. Wrists flat and straight
7. Arms and elbows close to body
8. Change posture often
9. Work in a reclined position
10. Take frequent short breaks
11. Feet flat on floor or footrest
12. CPU off desk

## Environment affects behavior

- Movement is critical
- Minimize extreme postures
- Avoid contact stress
- Take breaks



## Seating

- Task chairs should encourage movement
- Recline is healthy
- Armrests should be adjustable and kept level