Comfortable seated posture at the computer

A Head level - not tilted or twisted - monitor directly in front, top of screen at eye level
F Wrists straight, in-line with forearms – keyboard and mouse at elbow level

B Shoulders relaxed, elbows close to sides
G Hips back in chair

C Backrest tilted back 10 to 20 degrees
H Small gap between front of seat and back of knees

D Lumbar support lines up with inward curve in low back
I Knees level with or slightly lower than hips

E Armrests support both forearms equally
J Feet supported by floor or footrest

For more tips on setting up your workstation, go to:
http://wisha-training.lni.wa.gov/training/articulate/officeergonomics/story.html