



Workstation Setup Guide

Ergonomic Essentials
Revitalising the Workplace

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Elbows slightly above the desk top. Between 90° - 110°

Adjustable backrest to support the lumbar

Height adjustable seat to suit the operator

Swivel chair with stable base. Profile at base as low as possible

Same distance between screen, keyboard & document holder

Optimal viewing angle is 38° below horizontal

90°

Top of screen at or slightly below eye level.

Document holder directly in front of the monitor

Sufficient clearance under desk

Forearm and hands in straight line. Keyboard flat, wrists in neutral position

2-3 finger distance between knee and seat

Feet flat to floor. A footrest may be required if desk height is not adjustable

Adequate clearance from wall

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