



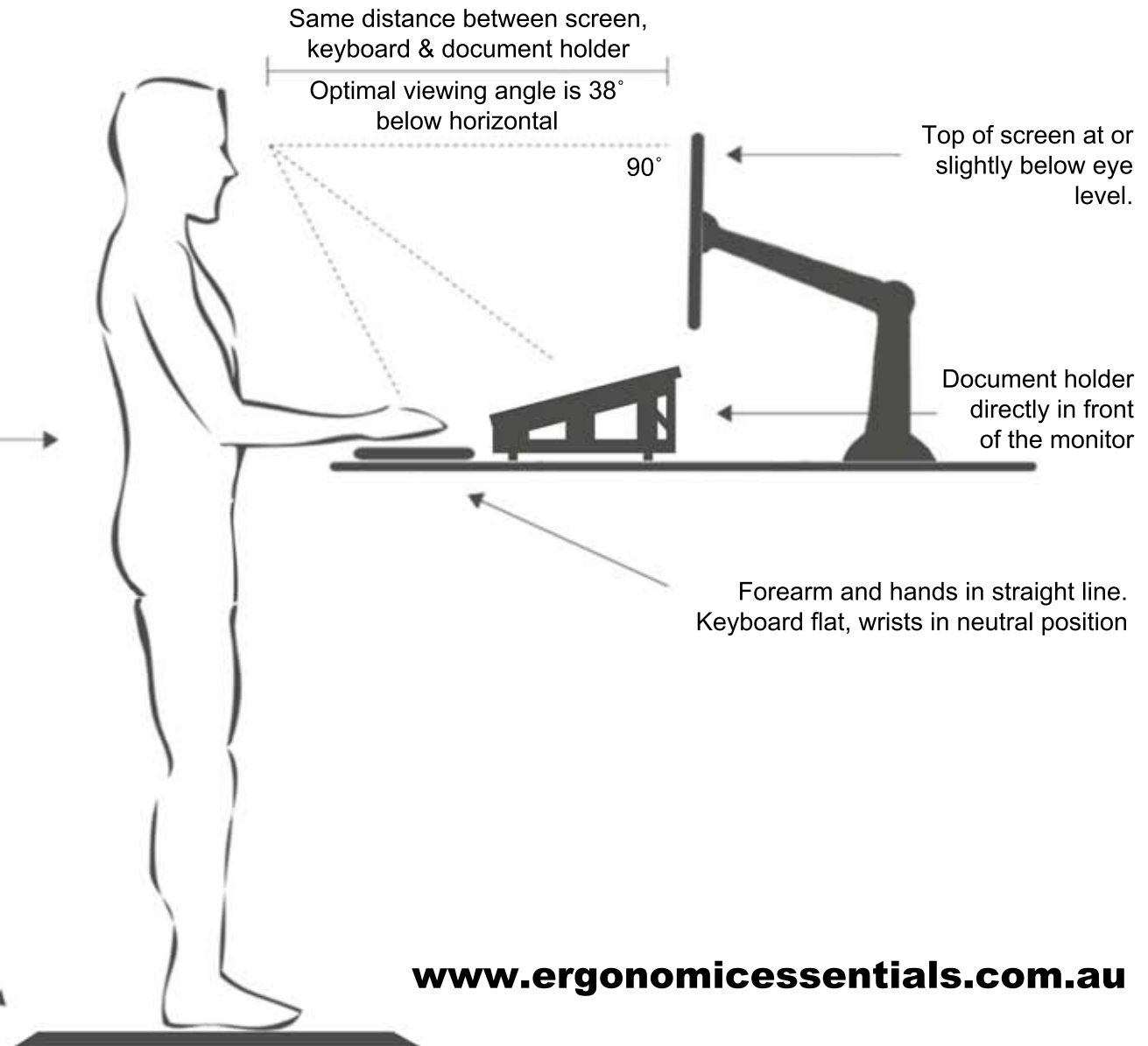
Workstation Setup Guide

Ergonomic Essentials
Revitalising the Workplace

Ph: 1300 798 658

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

Use an Anti-Fatigue Mat to provide relief and reduce fatigue when standing for long periods



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

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

www.ergonomicesentials.com.au