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Head & Neck

Avoid situations that require twisting the neck or bending forward, backward, or to the side.

Back

Stand straight and avoid situations that require bending, leaning to the side or twisting.

20-28"
To Screen

Standing
Eye Height

10-20°
Monitor Tilt

Shoulders & Arms

Keep shoulders relaxed.
Keep elbows aligned to body.
Keep wrist at elbow height.

Hands & Wrists

Keep the hands straight and in line with the forearms. Avoid twisting the hand.

Standing
Elbow Height

Feet & Legs

Placing the foot on a foot rest or other support will provide comfort. Provide toe space to allow the worker to stand closer to the counter to reduce reaching. Anti-fatigue mats can reduce stress.

Standing

Use a stool that will allow changes in posture.

SOURCES: ADAPTED FROM: GRANDJEAN E. [1982] FITTING THE TASK TO THE MAN: AN ERGONOMIC APPROACH. LONDON: TAYLOR AND FRANCIS; LIMITED. CDC/MIOSH/OSHA STANDARDS.