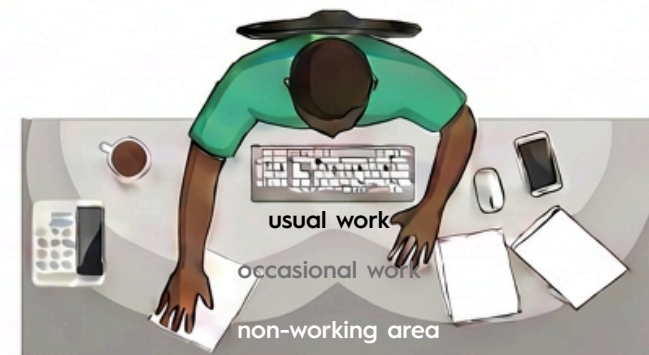
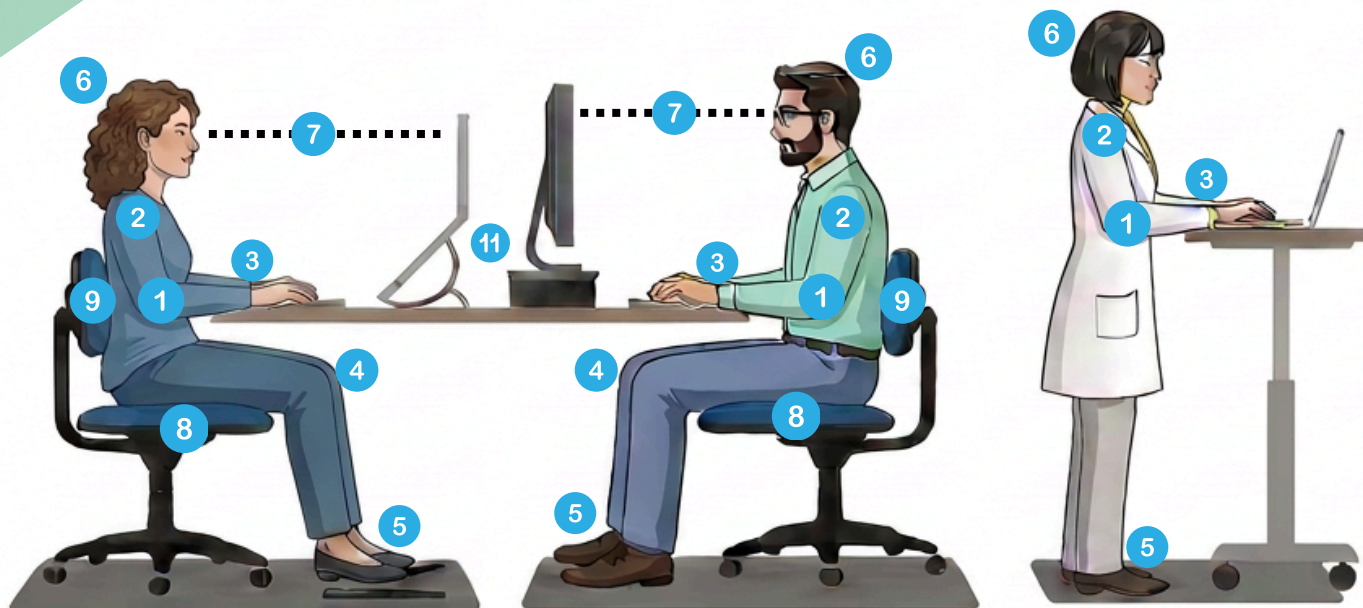


Ergonomic Setup



- 1 Elbows**
Above the desk, at 90-110 degrees
- 2 Shoulders**
Relaxed as opposed to hunched
- 3 Wrists**
In line with forearms
- 4 Hips, Knees & Ankles**
At 90 degrees while seated
- 5 Feet**
Flat on ground or footrest
For prolonged standing, consider a mat
- 6 Head**
Upright with ears aligned with shoulders

- 7 Eyes**
Looking at the top third of the screen
Consider the use of a laptop riser with your laptop
- 8 Seat Length**
Should be long enough to provide support beneath thighs
- 9 Backrest**
Angled at 90-110 degrees with adequate lumbar support in line with lower back
- 10 Keyboard & Mouse**
G and H of keyboard aligned with your nose
Mouse gripped loosely
- 11 Laptop**
Used with a riser, external keyboard and external mouse

Health Tips

- ✓ **20-20-20**
Every 20 minutes, focus on an object 20 metres away, for 20 seconds
- ✓ **Take regular breaks**
Don't forget to relax your shoulders
- ✓ **Keep hydrated**
Drink plenty of water and limit your caffeine intake
- ✓ **Avoid eating lunch at your desk**
- ✓ **Exercise regularly**
- ✓ **Do regular stretches**
Complete regular stretches throughout the day, provided they do not cause pain or discomfort and are consistent with any medical advice, restrictions or individual health requirements.

Note: General ergonomic setup guidance may not be suitable for everyone, particularly where there are existing medical conditions, injuries or current discomfort. A professional ergonomic assessment is recommended where individual needs, symptoms or medical requirements need to be considered.

Contact us to organise ergonomic assessments and training - hello@safetytech.com.au

