Preferred Computer Workstation Design

Provide as much adjustability in seating and workstation as possible. This is key.

Top of the "viewing area" at eye level

Head facing forward and level

Viewing distance depending on size of monitor - 18"- 40" Adjust font size or zoom to prevent eye strain

Screen positioned and angled to prevent glare

Seat lumbar support is properly adjusted

Keyboard height set with neutral wrist position, elbows will be 90°

Wrists in a neutral position

Arm rest adjusted below the elbow when keying

Thighs parallel to the floor

Ample knee room

Seat pan height in line with the back of the knees

"Waterfront" seat front

Chair should swivel

Feet on the floor in front or angled foot rest for comfortable change of position

Five legs for stability

Optimal Reach
Extended Reach

For mousing/wrist complaints, a track-ball is often helpful