

Correct Sitting Posture

Look straight ahead,
don't bend neck for
long periods of time

Ensure screen is level
and directly in front

Relax shoulders and
arms. Keep arms
parallel to the floor

Ensure keyboard and
mouse is close and directly
in front

Use adjustable chair
with back resting
against the backrest

Keep your knees at
the same level as hips

Keep your feet flat on
the floor or slightly
under your chair

