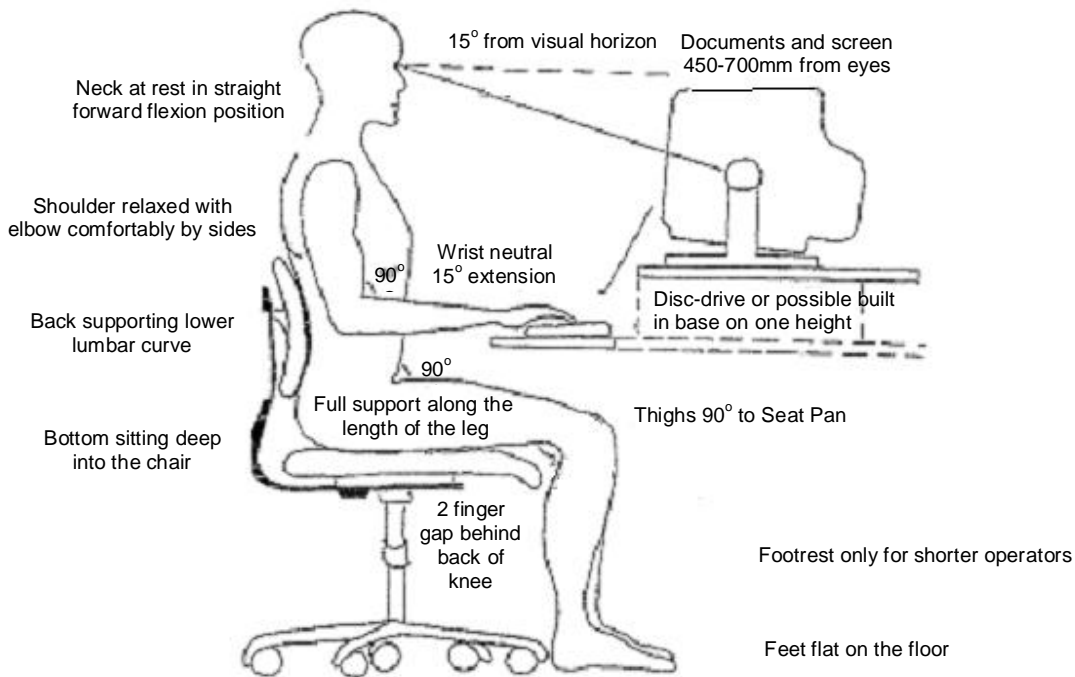


Work Posture at a Computer

The following diagram is the recommended work posture at a computer. Have a look at the picture and **make comparisons between it, and you and your current work set up.**



Recommended Work Posture

Now analyse your posture, your workstation or the equipment which you currently use. Answer the following questions and list any poor practices or things that might be improved.

- | | |
|---|----------|
| When seated at your desk does your chair support you in an upright posture? | Yes / No |
| Does the lumbar support of the chair rest in the small of your lower back? | Yes / No |
| When seated, are your elbows in alignment with the second row of the keyboard? | Yes / No |
| Are your wrists up off the desk, when you are keying? | Yes / No |
| When seated, are your eyes in alignment with the top of the monitor viewing screen? | Yes / No |
| Do you move the mouse on the mouse pad with your wrists resting on the desk? | Yes / No |

Source: QUT Computer Safety Workbook 2006