



*Do you have the correct posture?*

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 whilst seated

5

*Feet*

Flat on the 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 raiser 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 and Mouse*

G and H of keyboard aligned with your  
nose. Mouse gripped loosely



*If you're using a laptop;*

Used with a riser, external keyboard  
and external mouse

DR KRISTY

GOODWIN