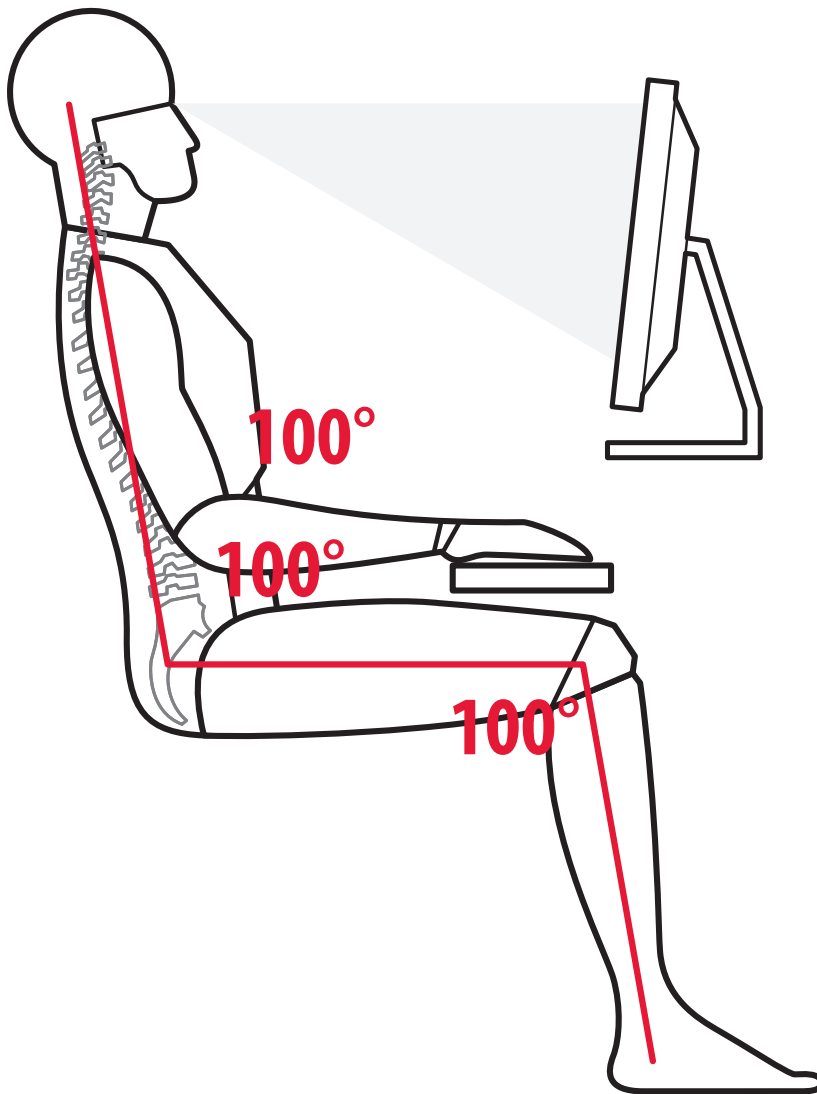




Ergonomic Posture



Relax your arms so that they hang naturally from your shoulders. Bring your forearms so that they are parallel with the floor and the wrists are in a neutral position. Adjust the seat height so the elbows are at or above the keyboard height (Carpal Tunnel Syndrome). Adjust the backrest angle and seat pan so that the torso and the upper legs are at 100 degrees or slightly more reclined (Lower Back Support). If your feet dangle, find a footrest, or adjust the keyboard down.