Remember to:

- Adjust your workstation
- Be comfortable!

Below are helpful tips that can help you customize your workstation.

- Screen at approx. right angle to and slightly below line of sight
- Your screen should be 18 – 28 inches for optimum viewing distance
- Flat Keyboard
- Forearms and wrists near horizontal
- Make sure there is adequate knee clearance
- Adjustable seat height
- Feet flat on the floor or on foot rest
- Adjustable back rest for lumbar support