

# Proper Computer Workstation Positioning



## Rule #1:

Maintain your neck in an upright position so the screen is at or slightly below eye level.

## Rule #2:

The monitor should be at least 18" from your eyes.

## Rule #3:

Keep your elbows at the sides of the body and at a right angle to the keyboard.

## Rule #4:

Keep your wrists in a straight or neutral position to avoid stressors on the carpal tunnel.

## Rule #5:

Avoid excessive force such as gripping the mouse too tightly or typing in the same position for too long.



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