

Setting up your Workstation & Active Sitting Posture

Proper, comfortable posture will likely require adjusting the position of your work station. Here are some tips we developed working with specialists.

ELBOWS

Elbows should be open roughly 110 degrees. Your hands should be lower than your elbows when reaching your desk.

WRISTS

Keep your wrists straight (sometimes called “floating”); they should not be flexed with the knuckles higher than the wrists, as this can be damaging over time.

HIPS & KNEES

Hips and knees should be open around 110 degrees. Adjust your seat height so that it is just above your kneecap; this should naturally open your hips and knees. The open hip position is critical to achieving your natural lumbar curve.



SCREEN HEIGHT

The top of your computer monitor should be **slightly higher than eye level**. This prevents neck strain from looking down.

KEYBOARD HEIGHT

The keyboard should be low enough so that your elbows are slightly open, and your wrists can be straight, comfortably floating with the knuckles and fingers lower. You want to avoid flexing your wrists, which can be damaging over time.

TIP

While an adjustable desk and negative tilt keyboard system make for an ideal workstation setup, we understand that not everyone will have those items. To adjust your existing setup, try stacking books or reams of paper under each leg of your desk to raise it to the proper height. Use binders, books, or a cardboard box under your monitor to lift it to a comfortable eye-level.

Please keep in mind that these suggestions are general guidelines, and you should adjust your setup to your individual needs. **If you have questions or need help getting set up, contact us at (802) 448-0362.**