

# LEARN TO USE NEUTRAL POSTURES

1. Adjust the chair so arms are parallel to the keyboard.

2. Feet touching the floor (if not, use a foot rest).

3. Knees at the same level or slightly below the level of hips.

4. Use chair backrest to support lower back/ lumbar curve if applicable.



5. Entire upper body upright or leaning slightly back.

6. Keep your head level or tilted slightly downward to the top of the monitor.

7. Shoulder relaxed.

8. Elbows close to side and bent at about 90°-100°.

9. Wrist straight.