Poor Posture

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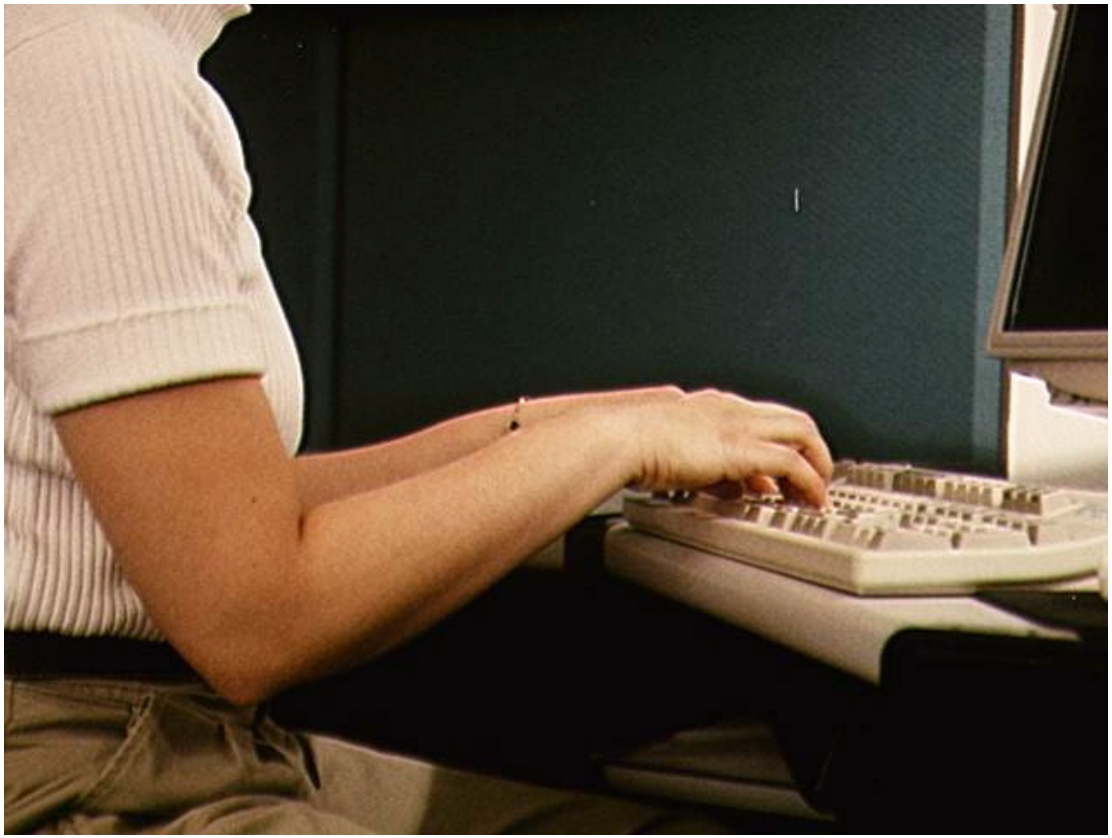
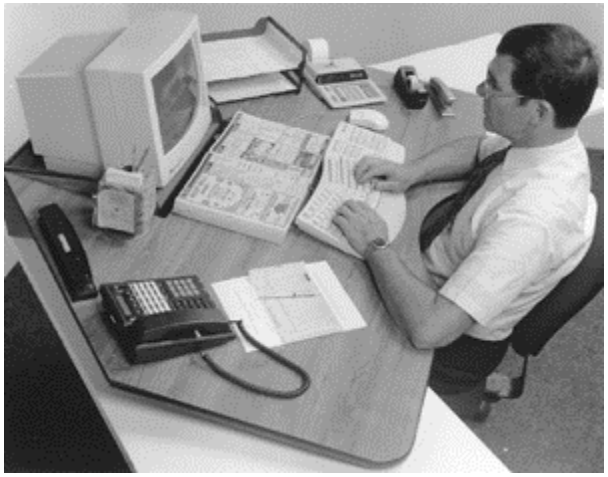


Desk

Ergonomic Workstations Ltd., Twin Workstation
http://www.ergo-ws.com/products.htm

Mayline's Domain Computer Furniture
http://www.mayline.com/mprod.html



SpaceStation Ergonomics' SPACEous-workSTATION
http://www.spaceous.com/

Keyboard Trays/Arm Rests

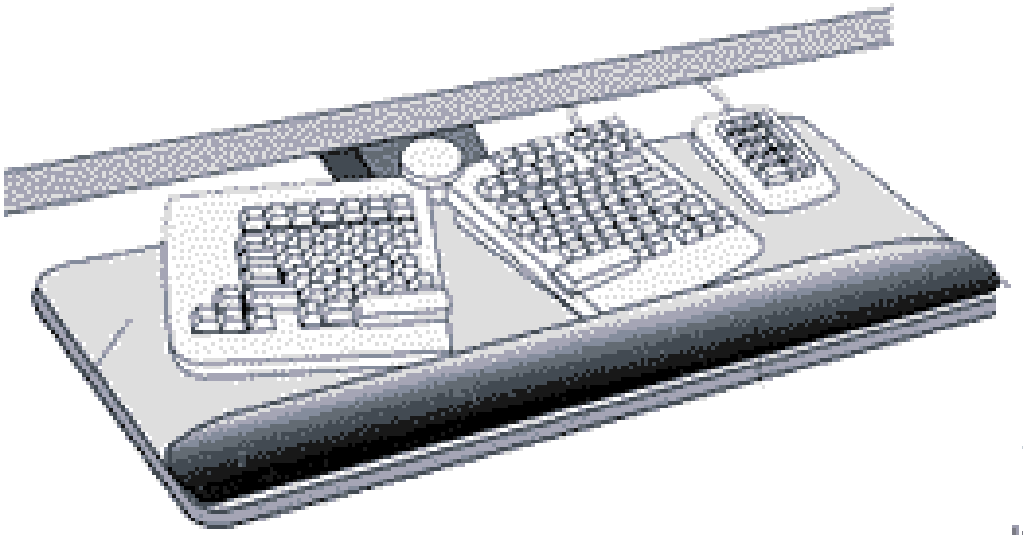
ErgoRest Articulating Arm Support
http://www.alimed.com

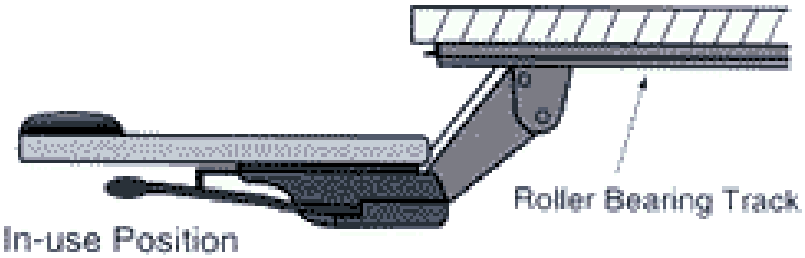
Ergonomic Products Articulating Keyboard Arms & Drawer
http://www.spinneret.com/ergopro/articulate.html

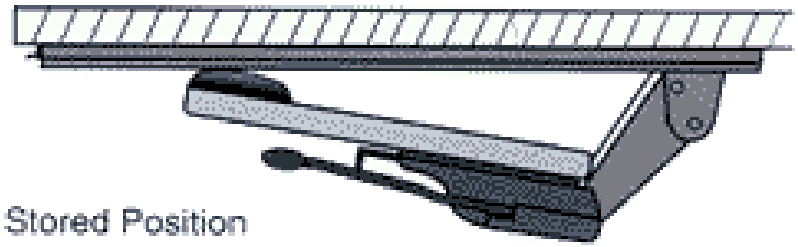
Avoid Reaching

Keyboard Trays/Arms

- **Trays should be large enough for keyboard and input device.**
- **Retracting arms provide more space**







WorkRite Trays and arms
http://www.backbenimble.com/wkritemain.htm

Footrest

Head-Hatcher's Footrests
http://www.protocom.com/protomall/pycco/mh/footrest.html

Chair Characteristics

- User Adjustable Seat Pan Height.....16” to 20.5”
- Lumbard Support Above Seat Pan.....9” to 10”
- Armrest Above Seat Plan.....10”
- Armrest Width.....….....2” Minimum
- Distance Between Armrest..... 18” Minimum
- Seat Back Incline Range..... 85 to 130°
- Seat Pan Incline Range.....….0 to 10°
- Backrest Width.....….14” Minimum
- Seat Pan Width.....16” to 19”
- Seat Pan Depth.....16” to 17”
- Chairs should have Five Legs and the Ability to Swivel.
- Feet should be Flat on the Floor (Use Footrest if Needed), with Knees Slightly Higher than the seat of the Chair.
- Backrest should be Adjusted to Support Lower Back.
- Armrest are Recommended?

Sample Chairs

BodyBuilt K3507 Chair
http://www.bodybilt.com/k3507.html

Steelcase
http://www.steelcase.com/

ERGOMAX
http://www.americanergonomics.com

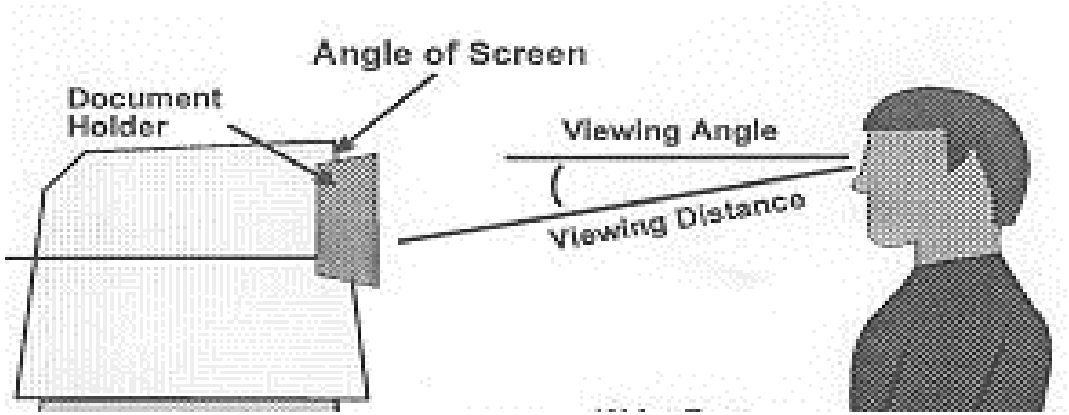
Lumbar Support

Back Be Nimble Lumbar Supports
http://www.backbenimble.com/backneck.htm

Monitors

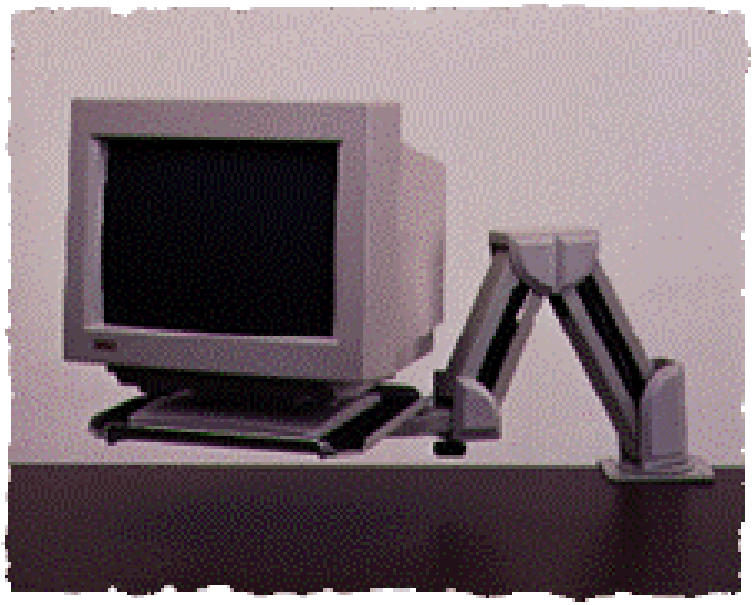
- Top of Screen at Eye Height
- Avoid Glare
- No Flicker

Monitors



- **Screen Height.....0 - 20^0 below eyes**
- **Screen Distrance.....18-36” from eyes (arms length)**

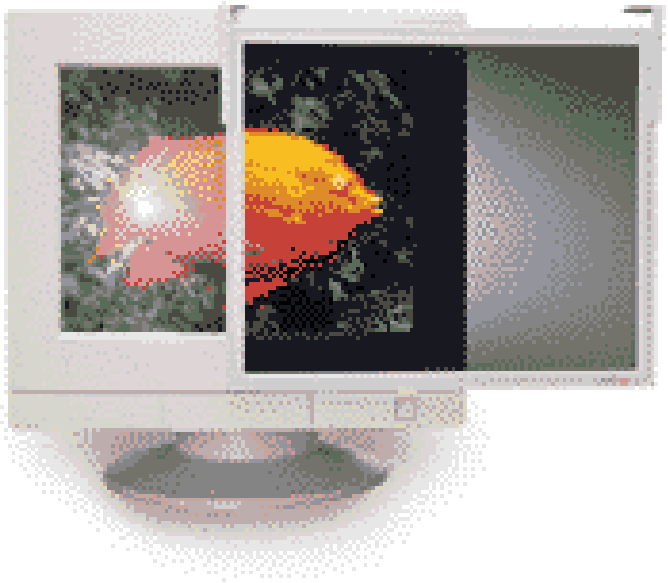
Monitors



Head-Hatcher's ComfortEase Monitor Arm
http://www.protocom.com/protomall/pycco/mh/45050.html

Vu Rtie's VuRyser
http://www.vu-ryte.com/Section1.htm

Glare Filters



3M Contour and Standard Glare Filters
http://www.mmm.com/market/omc/om_html/cws_html/filter.html