



WORKPLACE SAFETY WORKS

Prevent Sprain and Strain injuries with easy ergonomics.

AT THE OFFICE

- Keep upper back straight with shoulders relaxed at sides.
- Adjust the backrest of the chair to support the curve of the lower back.
- Keep the hips as far back on the chair as possible.
- Adjust the seat height for optimal visibility.



AND AT HOME



- Top of monitor should be at eye level or slightly below.
- Insure arms are relaxed at the sides with upper arm and lower arm forming a 90° angle. Hold wrists straight and keep fingers relaxed.
- Keep thighs pallel to the floor. Knees and hips should be between a 90° - 100° angle with adequate legroom above.
- Keep feet flat on the floor or resting on a footrest.



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