

PAIN PREVENTION



DESK ERGONOMICS

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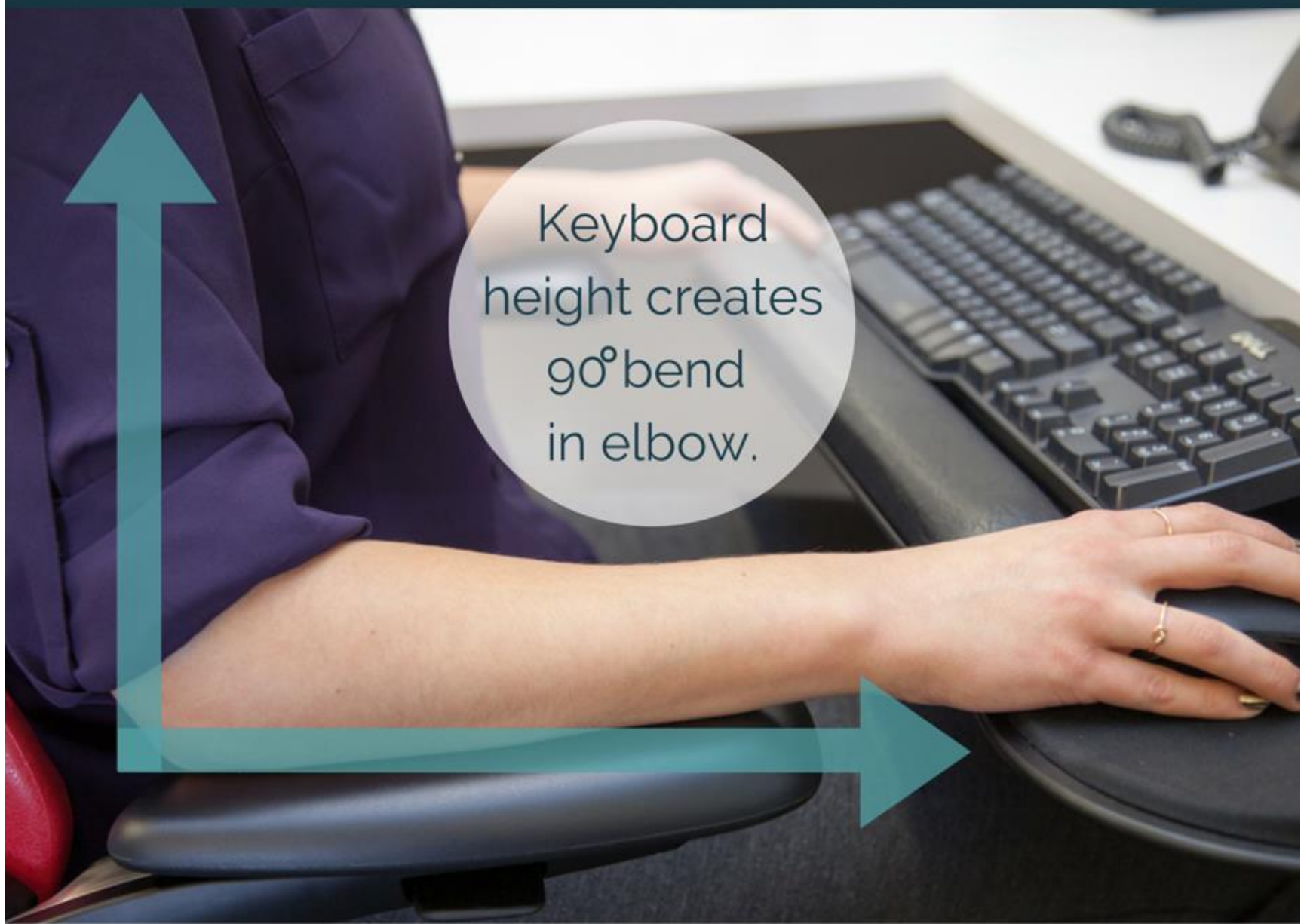
Everything on desk is within arm's reach.



Monitor is at
eye level.



Computer monitor is no farther than arm's length.



Keyboard height creates 90° bend in elbow.



Wrist lies flat and is supported by arm rest.



Chair height
creates a 90°
bend at knee.

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If necessary,
use a foot rest
to create a
 90° angle.



Ears,
shoulders
and hips are
aligned.





Entire back
touches chair.