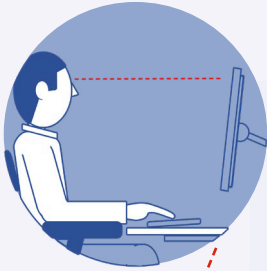


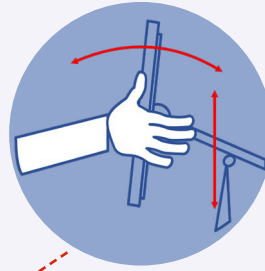
**The top of the screen** should be at eye level.



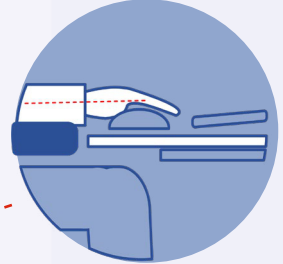
**Position the screen** roughly arm's length away.



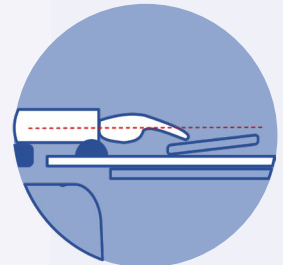
**Tilt, raise or lower the screen** so that it's comfortable to look at



**Position the mouse** within easy reach so it can be used with a straight wrist



**Keep forearms horizontal and supported** while using the keyboard and mouse



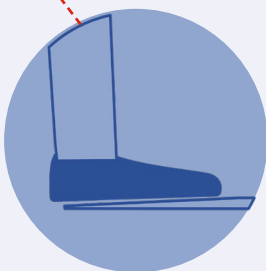
**Make sure there is sufficient space** for documents and equipment on your desk



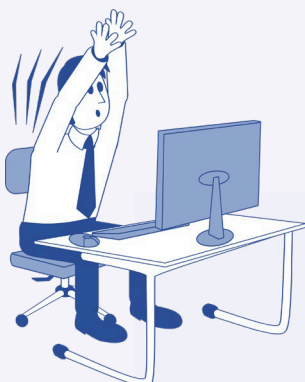
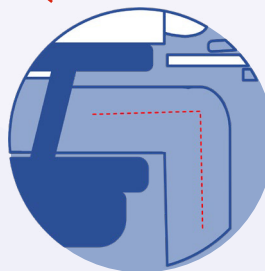
**Your chair should be adjustable** in height, stable, and have an adjustable backrest



**Feet should be flat on the floor**, or on a footrest if needed



**Knees should be at 90°**, with space behind the knee



- **Stand up and move away from your desk at least once every hour.** Use this time to walk, stretch your legs, rest your eyes, and reduce fatigue.
- **Try simple stretching exercises.** These can be done either at your desk or in a different space, depending on the muscles you want to stretch.
- **Vary your tasks where possible,** so you're not sitting at your display screen equipment (DSE) for long periods without a break.