September Cut-Outs

UCI Worklife & Wellness

- Upper frame of the screen same height as eyes
- Document holder
- Distance between the eyes and the screen 60-72 cm
- Keyboard tray lower than the table but not touching knees
- Wrist free in straight line with forearm
- Relaxed shoulders
- Back support not too flexible to fit lower natural back arch
- Angle of elbow 90°-100°
- Angle of hip 90°-100°
- Angle of knee 90°-100°
- Feet flat on the floor or supported by a pedestal
- Height of chair to be adjusted to the person's height & the table
Breathe

Think Safe... Work Safe...
Be Safe

de-stress