

Physiotherapy Department

Recommendations for good workstation ergonomics (posture)

Things to avoid:

- Twisting and side bending of the neck and trunk (for example: tipping your head to one side);
- Reaching far out to the side;
- Repeating the same movements involving the same fingers for prolonged periods of time.

Try to keep:

- Your lower arm supported at angles between 60°-100° bend at the elbow;
- Your wrist in midline position;
- Your body-weight equally distributed over both legs, with your feet flat on the floor, or if they cannot touch the floor, use a foot stool.
- Your chair height so your knees are level with your hips

General tips:

- Restructure your workstation to avoid over-stretching;
- Reduce the number of actions by sharing tasks between left and right hands;
- Take frequent breaks and change tasks regularly;
- Consider touch typing training.

For the best visual conditions:

- Use glasses if needed;
- Avoid glare by placing your computer screen a half turn away from the window and by using blinds;
- Ideally have some light projecting upwards and 75% of the light projecting downwards.

Further Information

For further information contact:

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Document History – Department: Physiotherapy **Contact:** 01788 663 257 **Published:** June 2011
Reviewed: March 2019 **Review:** March 2021 **Version:** 4.1 **Reference:** HIC/LFT/1238/11

