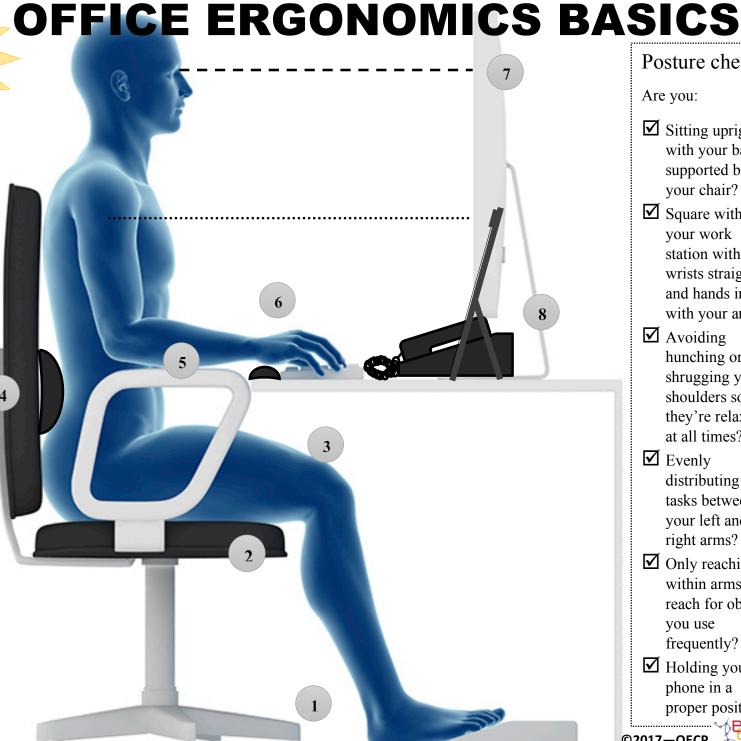
Visit

www.workrave.org

to download a rest break reminder app for your computer

- Your feet should lay flat on the floor or on a footrest.
- The back of your knees should be clear of the front edge of the seat
- Your thighs should be parallel to the floor, creating an angle of 90 degrees at the hips and knees
- Your lower back should be well supposed by the backrest of the chair
- Your forearms should be well supported and your shoulders relaxed at all times
- Your wrists should be straight and your hands in line with your forearms
- The top of the monitor should be at eye level
- Desk organization: frequently used items should be placed within arm's reach



Posture check

Are you:

- ☑ Sitting upright with your back supported by your chair?
- ✓ Square with your work station with your wrists straight and hands in line with your arms?
- ✓ Avoiding hunching or shrugging your shoulders so that they're relaxed at all times?
- **Evenly** distributing tasks between your left and right arms?
- ✓ Only reaching within arms reach for objects you use frequently?
- ✓ Holding your phone in a proper position?

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