The Ideal Ergonomic WorkStation Setup

1. The keyboard, mouse and computer monitor should all be positioned directly in front of you
2. Sitting upright in your chair on your "sit-bones", no slouching! In this position, the back of your knees should not be touching the seat.
3. While sitting upright, adjust your lumbar support to fill in the space between your chair and your low-back from just above the spot where your rear hits the chair-back.
4. Maintaining your good-posture, adjust your armrests so they support your elbows. If your armrests are non-adjustable, get creative!
5. Now, with forearms parallel to floor and fully supported by the chair's armrest, raise or lower the chair to the height of the keyboard & mouse so that your wrist and hand are inline with your forearm.
6. Check the height of your monitor. Your eyes should be at or above the top of the monitor's screen and at an arm's length away.
7. Lastly, your knees should be only slightly lower than your hips. This may require you to use a footstool of some kind.

Adjust your desk, chair, and monitor so that the monitor is at eye-level

Use an armrest.

Knees should be slightly lower than hips.

Use a footstool if necessary.