



## Desk chair ergonomics

If the sit fits, take a seat.

When working at a desk, adjust your chair so it's comfortable. Sit with your body and head erect. Your upper arms should be vertical and your lower arms comfortably horizontal. Your wrists should be on an even line with your forearms. Keep feet flat and thighs horizontal to provide additional support for feet and legs.

Ergonomic postures can prevent musculoskeletal injuries that could result in lost work days or lost productivity.

And that's smart safety!

For additional information or guidance, contact your safety office.