



مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE



Correct workstation



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Benefits of Correct Workstation





Wrong Sitting Position





Correct Sitting Position

Arm Position

- Relax shoulders, forearms parallel to the ground with a slight bend at the wrist

Monitor

- Adjust Distance: Arm's length away
- Adjust Height: The screen at eyes level
- Adjust Tilt: Monitor slightly tilted upward



Chair

- Important to have adjustable height lumbar support and seat pan height.
- Armrests are optional
- Legs and Hips: Chair should be adjusted by keeping the feet parallel to the ground, about 90 degrees bent

Feet

- Feet resting firmly on the ground (ideally) or a footrest (if needed)



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