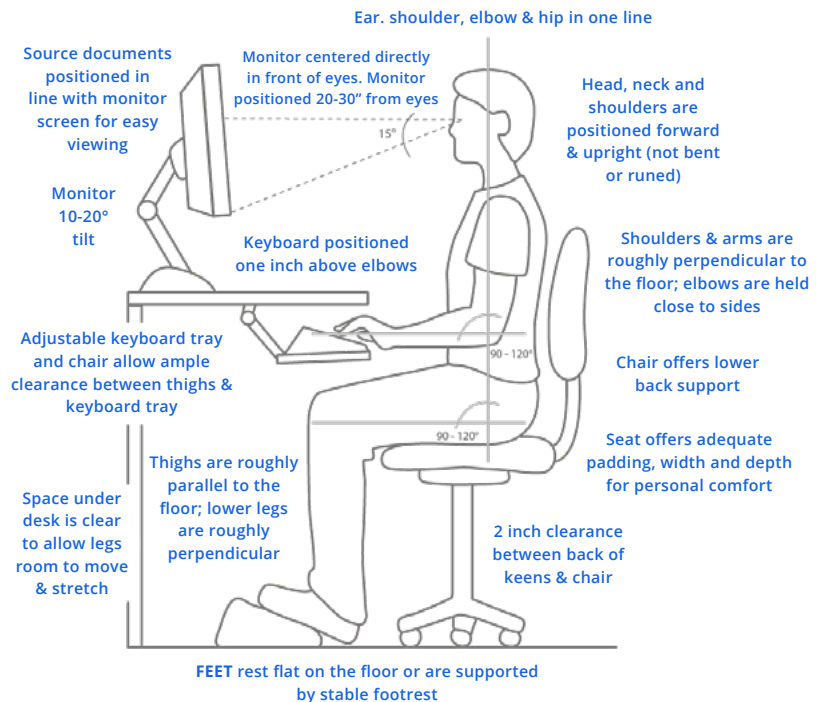


**Is your office work-station set up correctly?**



**Use this checklist to ensure your desk, chair, and screen meet ergonomic standards to reduce tiredness and stiffness**

Does the lumbar support on your chair in contact with your lower back?

Can you find a 2-3" space between the back of your knee and the front of the seat?

Is your monitor at your seated eye height (corner of your eye)?

Are your forearms parallel to the floor with wrists straight?

Are your hips slightly higher than your knees?

Do your feet rest flat on the floor?

Are your thighs parallel to the floor?