Ergonomics for the Computer Workstation

For additional assistance with ergonomics, contact Human Resources Safety Specialist at 924-2155.

- Draw shades to reduce glare or use a screen
- Monitor perpendicular to window
- Top 1/3 of screen at or slightly below eye level
- Document holder attached to side of or in front of monitor
- Keyboard on slight negative tilt (back portion lower) & about 1" above your thighs
- Mouse in plans or slightly above plans of keyboard
- Mouse angle greater than 90 degrees with feet in front of you
- Elbows at angle slightly more than 90 degrees, arms rest comfortably at side
- Monitor 18"-22" from body (arms length)
- Back supported from pelvis to shoulder blades
- Sit back in chair
- Hip angle between 95 degrees - 110 degrees as is comfortable
- Thighs approximately parallel to floor
- Feet flat on floor or on footrest
- Approximately 2-3" of space between back of knee & chair

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