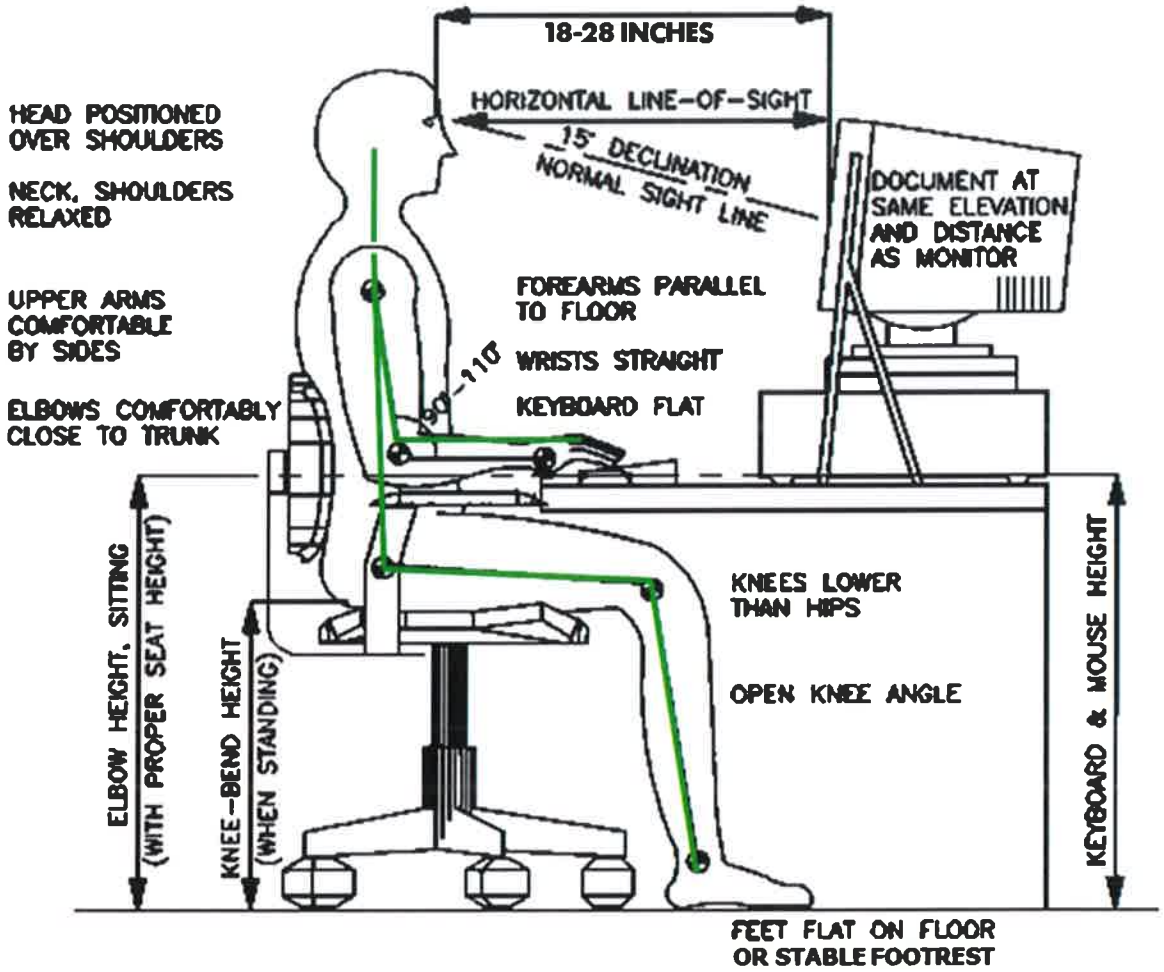
HealthFitness

Desk Set-Up Overview



CHAIR

1. Firm lumbar support
2. Lumbar support fitting low back curve
3. 2-4 inch space between knees and edge of chair
4. Arm rests do not interfere with correct keyboard position
5. Easily adjust chair heights
6. Back rest locks in vertical position
7. Feet on floor or foot rest
8. Clearance for knees

MONITOR

9. Tasks screen eye level or 10-15 degrees lower

KEYBOARD

10. Keyboard flat on work surface
11. Upper arm vertical, lower arm horizontal
12. Padded desk edge, keyboard and mouse
13. Palms elevated during typing