

Ergonomics for Teachers



Tips:

Top of the monitor at eye level.

Back against chair.

Shoulders/arms roughly parallel to floor;
elbows close to sides.

Adjust chair so lumbar support rests at
lower back.

Fingers are relaxed, wrists straight.

Adjust chair height so the your knees and hips
are at about 90 degrees. If chair doesn't adjust
enough, use a pillow behind your back.

Feet should be flat on the floor. If your chair
doesn't lower enough, use a foot rest.