

Example of correct body posture when sitting at a desk



- [Top of monitor at or just below eye level](#)
- [Head and neck balanced and in-line with torso](#)
- [Shoulders relaxed](#)
- [Elbows close to body and supported](#)
- [Lower back supported](#)
- [Wrists and hands in-line with forearms](#)
- [Adequate room for keyboard and mouse](#)
- [Feet flat on the floor](#)