



- ✓ **Seat Height:** Feet flat, knees at 90-degree angle or slightly open.
- ✓ **Lumbar Support:** Lower back support with backrest at 90-100 degrees.
- ✓ **Arms:** Elbows at 90-degree angle with forearms parallel to the floor.
- ✓ **Seat Depth:** 2-3 inches of space between the edge of the seat and the back of your knees.



- ✓ **Seat Height:** Hips slightly above knees with 100-degree angle.
- ✓ **Posture:** Maintain upright spine to reduce back strain.
- ✓ **Footrest:** Feet flat and supported.
- ✓ **Leg Position:** Knees at 90-100 degree angle with legs slightly open.



- ✓ **Desk Height:** Elbows at 90-degree angle or slightly lower.
- ✓ **Monitor Position:** Top of the screen at eye level, 20-30 inches away.
- ✓ **Keyboard and Mouse:** Elbow height with arms parallel to the floor.
- ✓ **Foot Position:** Feet flat on the floor, weight evenly distributed.
- ✓ **Desk Height for Standing:** Forearms parallel to the floor with elbows at a 90-100 degree angle.

Desk Guide To Communication

G Psacharopoulos



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