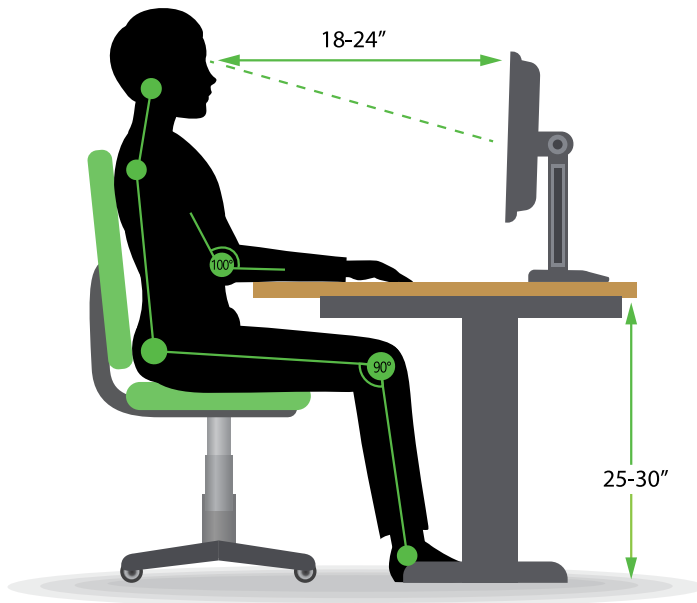# Optimal Computer Set Up

18-24"

25-30"

100°

90°

✓ Eyes in line with top third of screen

✓ Shoulders relaxed

✓ Forearms supported on desk

✓ Straight back

✓ Hips and knees at 90°, or knees slightly below hips

✓ Feet flat on floor, or supported on foot stool

Eyes in line with top third of screen ✓

Shoulders relaxed ✓

Forearms supported on desk ✓

Straight back ✓

Feet flat on floor, or supported on foot stool ✓

18-24"

38-42"

100°