

# Checklist for better sitting posture

## Workstation ergonomics: ideal set-up

- Adjust seat height to your desk height (optional: foot-rest if feet off the floor)
- Hips should be slightly higher than knees to avoid slouching
- Sit as far back into the chair as possible (optional: low back support)
- Make sure your trunk, arms and legs are facing the same direction
- Balanced centre of gravity (not leaning too forwards or backwards)
- Elongated spine, chin slightly tucked in
- Elbows remain close to the sides of your body with shoulders relaxed
- Support for forearms (arm-rest or table) with wrists relaxed
- Bring keyboard and mouse closer to fit where your hands are
- Adjust monitor screen height to eye level

