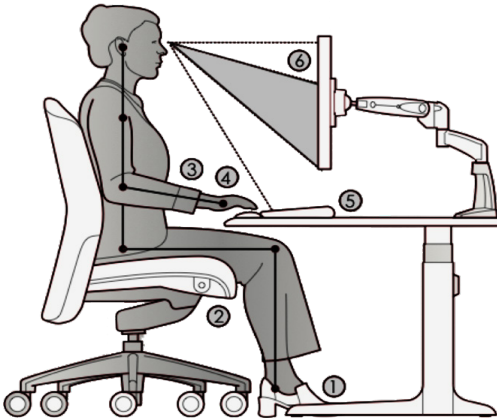




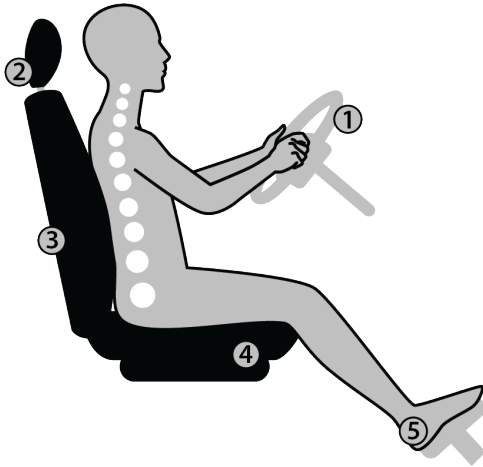
ENVIRONMENTAL
HEALTH & SAFETY



TIPS FOR AN ERGONOMIC WORKSTATION

1. Raise the chair so your knees are slightly lower than your hips and your feet are touching the floor.
2. Slide the seat pan of your chair so you have at least 3 or 4 fingers behind the back of your knees.
3. Your forearm should be open at least 90 – 100 degrees to your upper arm.
4. Your wrists should not be angled up or down but in a neutral posture.
5. Set the height of the work surface so that you can work without straining or bending.
6. The top third of your computer screen should be at or below eye level and the monitor distance should be arms length.

✉ ehs@csudh.edu



TIPS FOR AN ERGONOMIC DRIVING POSITION

1. Adjust the steering wheel forward or backward so you can comfortably reach it without impacting leg clearance.
2. Adjust the headrest so it supports the head in case of an accident, but does not cause the head to protrude forward.
3. Adjust the backrest to a recline of 100 - 110 degrees. Your entire back should be supported. If possible, adjust lumbar support to arch along the lower back.
4. Raise the seat as high as is comfortable to improve vision and angle so the thighs are supported along the length of the cushion.
5. Adjust the seat so you can fully depress the pedals. Ensure your legs have adequate clearance under the steering wheel.

✉ ehs@csudh.edu