Mouse as close to keyboard as possible - avoid reaching

Keep your body symmetrical
Seat pan parallel to floor

Space between seat pan and bottom of lower thigh

Space between front edge of Seat pan and back of knees

Forearms parallel to floor, wrists in "neutral" position

Backrest at slightly > 90°

Top of monitor at eye level or lower

Monitor at arm’s length and perpendicular to windows

Shoulders relaxed and in line with ears and hips

Backrest “spoons” with small of back

Seat pan parallel to floor

Space between seat pan and bottom of lower thigh

Shoulders relaxed and in line with ears and hips