Healthy Sitting – A Matter of Settings!

The **GOAL**

**Optimum Work Posture:**
- Sit up right, keep shoulders relaxed, and arms parallel to the spine.
- Right angle of the arms.
- Horizontal thighs → ≥ angle of 90° between upper and lower leg.
- Your feet are to rest on the floor.
- Bow your head slightly forward.
- Adjust arm rests so your lower arms can gently rest on them.

**What to Do**

**Desk height**
- If your desk height cannot be adjusted:
  1) Sit up right.
  2) Keep your shoulders relaxed and the arms parallel to your spine.
  3) Adjust chair height for the angle of the arms in working position being 90°.
  ① If your feet no longer rest flat on the floor, use a foot rest.
- If you sit at an adjustable table:
  1) Assume optimum work posture (see above).
  2) Adapt desk height.

**Chair**
- Adjust chair height depending on the desk (s.a.).
- Adjust the backrest for your lumbar spine being supported optimally.
- Use the complete seat, make the seat support about 2/3 of the size.
- Adjust the backrest flexibly (dynamic seating).
  ① Dynamic seating reduces load on spinal disks.

**Screen**
- Place your screen directly on the desk (your eyes look horizontally at the top line).
- Place your screen at an angle of about 35° (look at it vertically).
- Distance from the screen 50 – 70 cm.
- At right angle to windows, view direction parallel to windows.
- Parallel to the edge of the desk and keyboard.

**Keyboard**
- Parallel to the screen and edge of the desk.
- Distance from the desk edge 10 – 15 cm.
  ① Making your wrists rest in front of the keyboard relaxes the muscles of your shoulders and neck.
- Fold in keyboard rests (for the wrist to be relaxed).

**Key Objects**
- Avoid twisting and bending your head and upper body forward.
- Keyboard + screen + view direction = direct line.
- Use adjustment potentials of your workplace.
- Regular participation in occupational health examinations G-37.

**Do you have questions?**
- Contact
  - Medical Services MED (phone 22068 or 44313)
  - Experts for Work Safety FAS (phone 22064 or 48222)

**More information (in German only):**
- Arbeitsstättenverordnung
- DGUV Information 215-410
- http://www.kiss.kit.edu/692.php

**Image sources:** VBG, Ihre gesetzliche Unfallversicherung, 22281 Hamburg, www.vbg.de and KIT, FAS

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