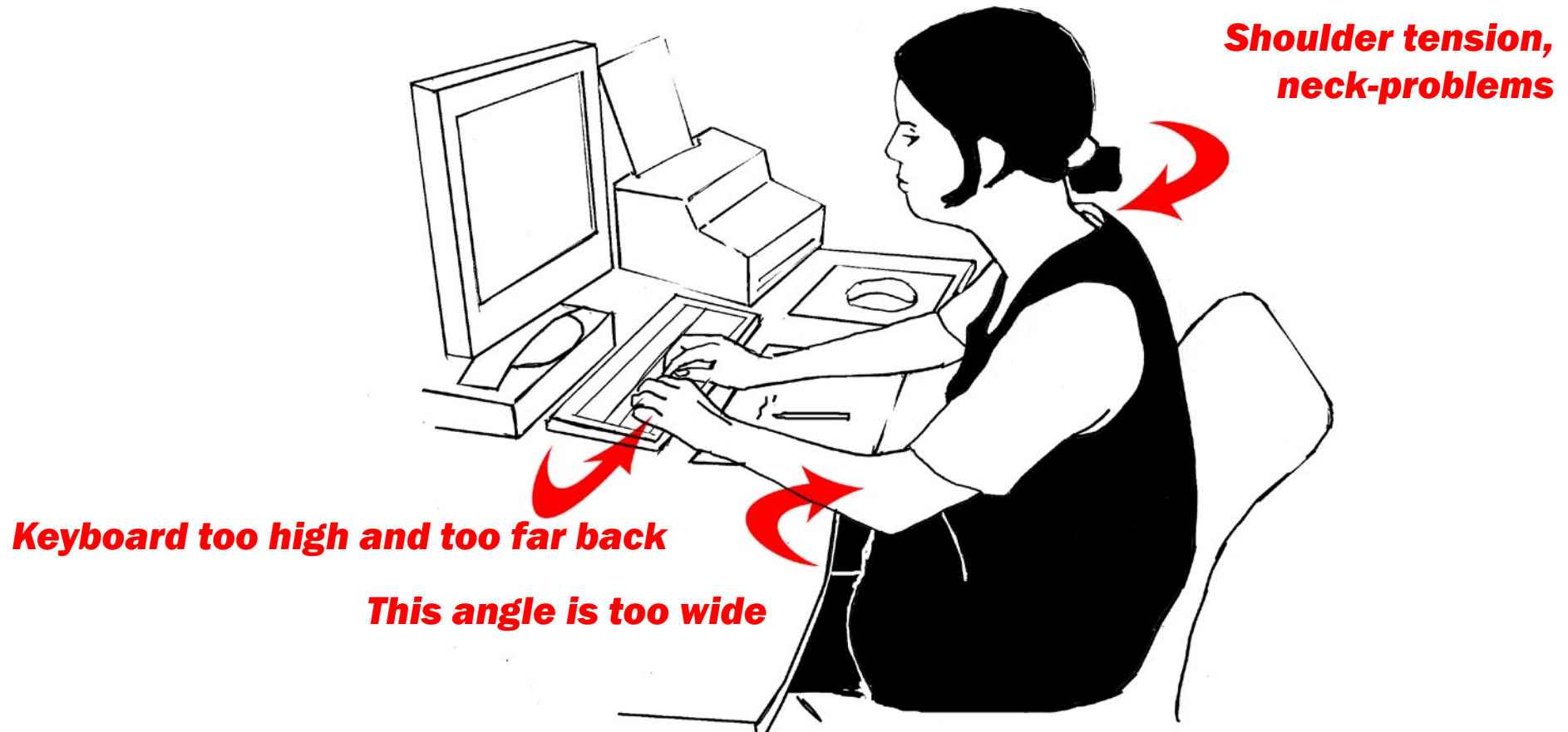


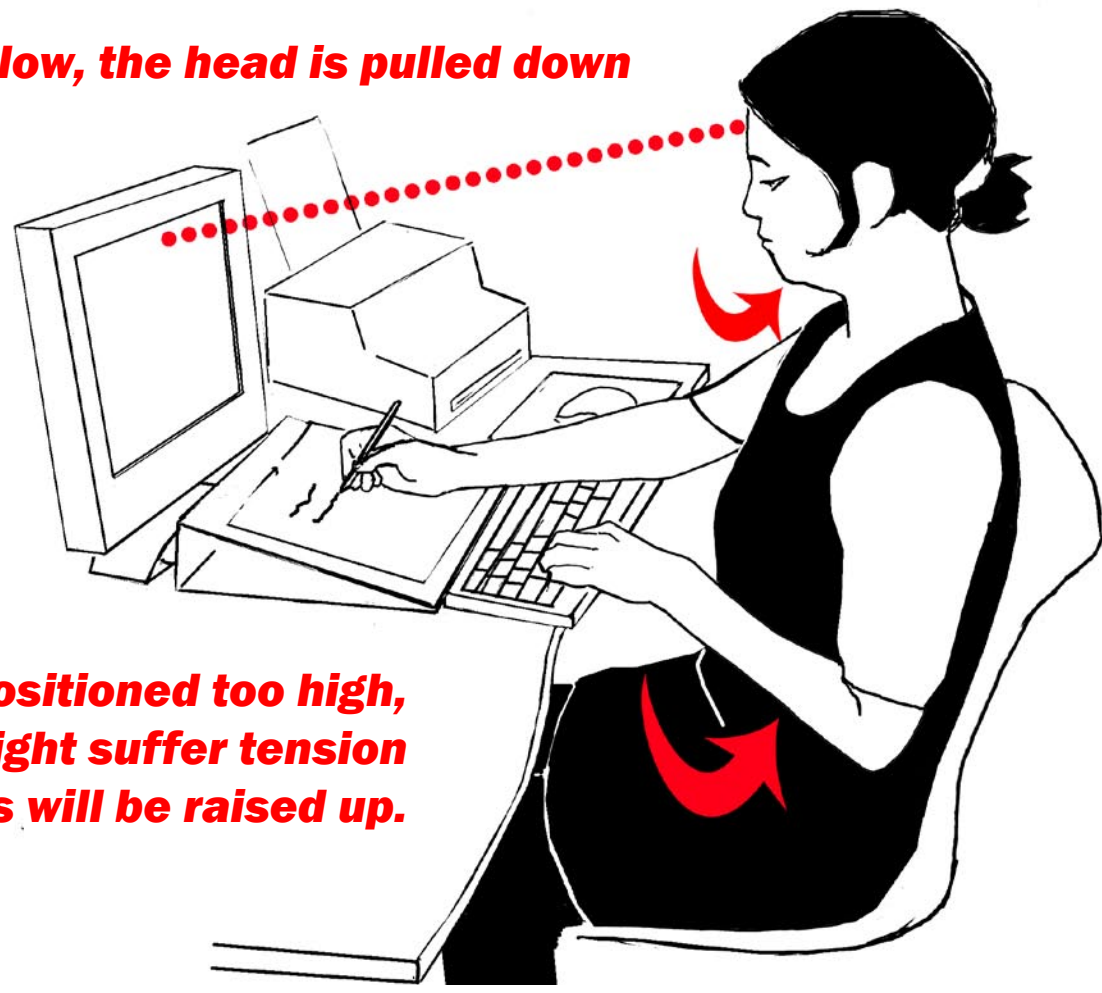
What's wrong here?

The keyboard is positioned too high and too far backwards – the neck is stretched forward while the head is pulled back and down which might lead to neck-and shoulder tension.



What's wrong here?

The screen is too low, the head is pulled down



The keyboard is positioned too high, the lower arms might suffer tension or the shoulders will be raised up.

Workplace adjustment



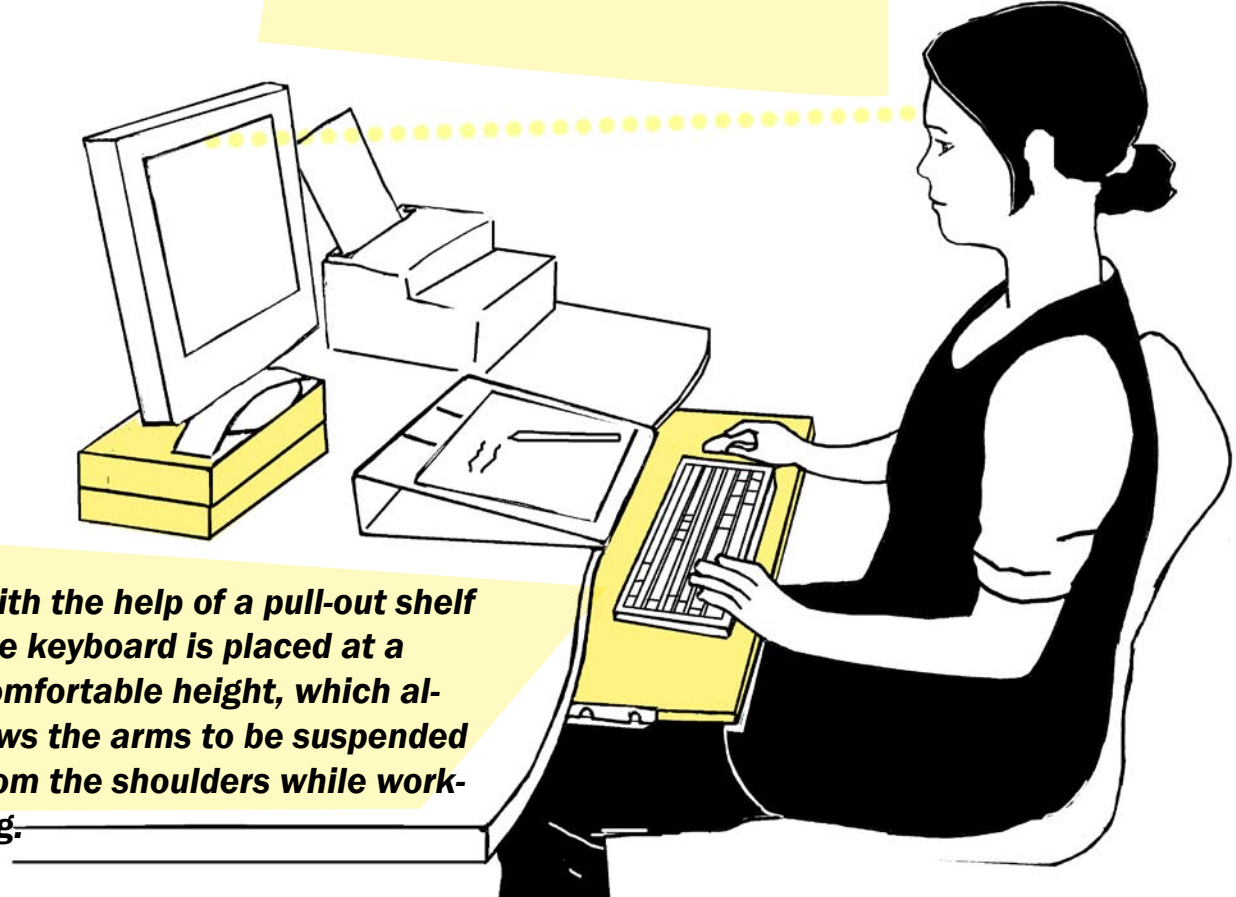
Relaxed handwriting is possible



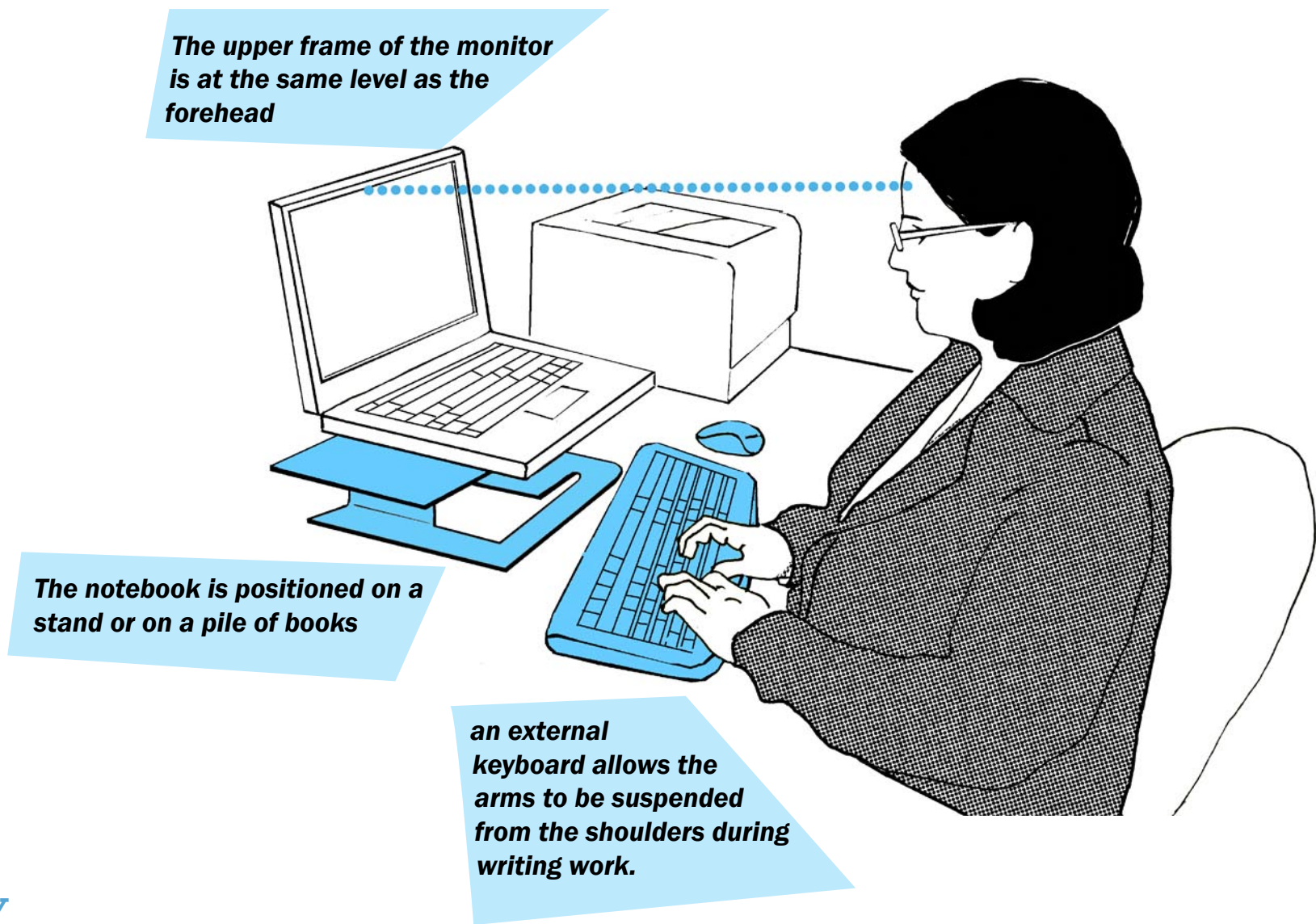
The keyboard is correctly placed: about 5 cm lower than the elbow when the arm is suspended from the shoulder

Height of the monitor: upper frame at the same level as the forehead (while sitting comfortably erect)

With the help of a pull-out shelf the keyboard is placed at a comfortable height, which allows the arms to be suspended from the shoulders while working.



Workplace adjustment – use of a laptop



The upper frame of the monitor is at the same level as the forehead

The notebook is positioned on a stand or on a pile of books

an external keyboard allows the arms to be suspended from the shoulders during writing work.

Do and Don't Writing with keyboard



Writing by hand requires a higher workplace than writing on a keyboard

Wherever possible the use of a pull-out shelf for the keyboard is the best solution whenever writing by hand and with keyboard are both required.

If you find the table too high, you could raise the chair and use a feet rest.

Please refer to the pages about the appropriate height of the chair if your seat is too high.



please refer to the pages "The appropriate height of my seat"

Healthy looking

Do not use your slidingglass spectacles for computer work

If you are farsighted and need spectacles for computerwork ask your optician to prescribe a special model .

If you look to the monitor through the lower part of a sliding glass.... you need to pull your head back and down which leads to severe strain in the neck and could even cause disc problems.

Keyboard and monitor:

Try to adjust the middle line of the keyboard, the line between g and h, with the middle line of the monitor and with the vertical middle line of your body

Tables which are too low (no space for the legs under the table with optimal adjusted chair) have to be changed.

Height of the monitor: upper frame at the same level as the forehead (while sitting comfortably erect).

If you working with your laptop use an external keyboard.

