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PROPER COMPUTER STATION SETUP

- **Eyes 18 to 24 inches from screen**
- **Eyes 6 to 8 inches above center of screen**
- **Sit Upright**
- **Chair supports natural curve of spine and back**
- **Wrists level with (or below) arms**
- **Bottom of thighs supported by seat**
- **Knees level with (or below) thighs**
- **Both feet uncrossed, on floor or footrest**
- **20/20/20 Rule – After 20 minutes, look 20 feet away for 20 seconds**



*Adapted from Sussman M, Loewenstein E, Sann H. Total Health At The Computer.
Barrytown, NY: Station Hill Press 1993; 22 and www.peakphysiotherapy.com

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