

## SEATING AND POSTURE

- 1 Seat back adjustability
- 2 Good lumbar support
- 3 Seat height adjustability
- 4 No excess pressure on underside of thighs and backs of knees
- 5 Foot support if needed
- 6 Space for postural change, no obstacles under desk
- 7 Forearms approximately horizontal
- 8 Minimal extension, flexion or deviation of wrists
- 9 Screen height and angle to allow comfortable head position
- Space in front of keyboard to support hands/wrists during pauses in keying