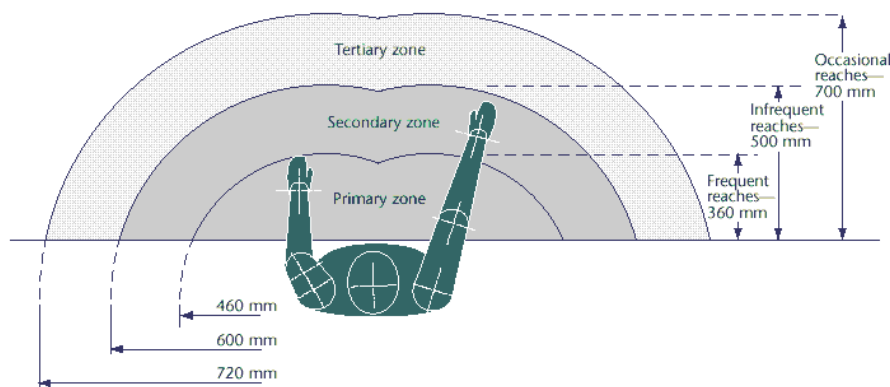


# Computer Sitting Position Evaluation



- 1) Line of sight should be 0 - 20 degrees to the monitor.
- 2) Head and neck in line with torso.-----
- 3) Head, neck and trunk facing forward-----
- 4) Trunk perpendicular to the floor-----
- 5) Elbow at 90 degrees with shoulders relaxed.-----
- 6) Upper arm and elbow close to the body.-----
- 7) Lumbar Support.-----
- 8) Buttock against back of chair-----
- 9) Hip at 90 - 120 degrees.-----
- 10) Thigh parallel to floor. -----
- 11) Knees at 90 degrees. -----
- 12) Feet flat on floor or on platform.-----

(Both Figures have been taken from the Canadian Standards Association, CSA Z412.00)



How many items in each zone?

Primary Zone: \_\_\_\_\_ Secondary Zone: \_\_\_\_\_ Tertiary Zone: \_\_\_\_\_

- 1) Tasks that require excessive reach should be avoided -- The example above provides some general reach guidelines. (Adapted from CSA412-00). **Note:** this guideline should be used with caution as the posture of each individual should be observed to ensure the body maintains its neutral position during the cycle of work.<sup>i</sup>
- 2) Materials should be at or slightly below elbow height.
- 3) Arm rests should be provided when appropriate.
- 4) Avoiding tasks that require the shoulder or arms to be excessively high (keep below 15 cm above the surface of the work surface).

<sup>i</sup> [http://www.ccohs.ca/oshanswers/ergonomics/sitting/sitting\\_basic.html](http://www.ccohs.ca/oshanswers/ergonomics/sitting/sitting_basic.html)  
<http://www.osha.gov/SLTC/etools/computerworkstations/positions.html>