

Work Area



- Your work surface should be large enough to accommodate your computer and working materials. Frequently used items should be within easy reach
- Work surface should be high enough for legs to move freely about, low enough so that your arms remain straight and perpendicular to the floor.
- Any accessories under the desk should be placed so that your leg movements are not restricted
- For fixed height surfaces, adding a keyboard tray may be good. If you can't add a keyboard tray:
 - Use the desk as a starting point and adjust your chair height so that your arms and wrists are parallel to the floor
 - Adjust arm rests to support upper arms
 - Add a footrest if your feet do not rest comfortably on the floor.
 - Adjust monitor if needed.