

PROPERLY ALIGNED!

Mills Chiropractic Center
115 S. Belmont
Kittanning, PA 16201
724-548-7999



Display Screen (1):

- Positioned at eye level
- Clean, stable image, with adjustable contrast and brightness
- Able to tilt and swivel and free of reflective glare

Taking Breaks (2):

- Check your posture every 15 to 30 minutes making sure your:
 - Head is above your shoulders
 - Shoulders are back, down, & relaxed
 - Low back is arched slightly forward, and
 - Legs are uncrossed or crossed at ankles
- Rest your eyes away from the display screen
- Walk around, drink water, take deep breathes, & stretch

Keyboard (3):

- Should be at a level that creates a 90 degree angle or a little greater at your elbows
- Should be tiltable and separate from the screen
- Space in front sufficient to provide support for hands and arms
- Key symbols must be clear and keys well spaced

Keyboard Skills Training (3):

- Keyboard users should be trained to use all ten fingers to avoid looking down at your fingers.

Work Desk/Surface:

- Sufficiently large to allow flexible arrangement of screen, keyboard, documents, and related equipment.

Footrests and Wrist Rests (4):

- Foot rests should be used to create an angle a little greater than 90 degrees.

Work Chair (5,6):

- Stable and must allow freedom of movement such as swiveling to turn your whole body instead of just turning your head, and rollers to move back and forth.
- Seat height and back must be adjustable to support the arch in your low back and your mid back.
- If wrist rests are not used, wrists should be held up, not leaning on the desk

