



In all 3 diagrams:

- ✓ The lower back is supported by the chair and fits the curve of the spine.
- ✓ The back of the knees are 3-4 inches from the chair, the feet are flat on the floor, the elbows, arms, and wrists are at neutral positions.
- ✓ The monitor is kept at eye level. This individual is changing his position (not being static) without comprising the “correct” positions.