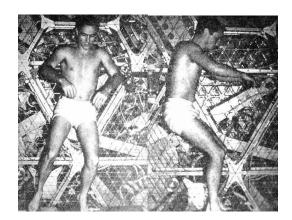# Ergo Principles

Dr. Jerome J. Congleton P.E., C.P.E. developed the Neutral Posture® Chair based on the stress-free posture assumed by astronauts in the weightless environment of space.

The following guidelines will help you arrange and evaluate your ergonomic workstation. While following these guidelines, keep in mind that the ergonomic workstation should quickly adjust to accommodate the user while seated and standing.

Chair

- Set the height of your chair to allow support of your feet with either a footrest, Fring™ Footrest, NeXtep™ or Nstep™/ Nposition™ or, if your workstation height will allow, place them flat on the floor supporting your feet and lower legs only.
- Make sure the angle between your torso and legs is greater than 90°.
- Allow 2" – 4" of space between the waterfall front of the seat cushion and the back of your knee.
- Relax your shoulders.
- Support your forearms while keeping your elbows and wrists in a neutral position with your wrists at or below elbow height.
- Position the backrest nearly upright, or slightly reclined if you have head support.
- Fine tune the backrest to provide full support of your lumbar curve.

Monitor

- Place directly in front of the keyboard (centered on "g/h" split of the keyboard) with the top of the screen at or below eye level (at least 24" from eyes).
- Adjust the screen angle to eliminate glare.
- Use a document holder to place documents as close to the monitor as possible, preferably at the same height and viewing distance from your eyes.
- Illuminate your documents properly with direct task lighting, if needed.
- To reduce eye strain avert your eyes from the monitor periodically and focus on distant objects.

Keyboard

- Adjust the split keyboard to keep your arms, wrists and hands in a straight line. Your hands should be slightly lower than your elbows.
- Place the mouse and keyboard at the same height with the mouse close to the keyboard.
- Allow sufficient clearance below the keyboard for your knees and legs to move (at least 1" – 2").

WOMEN OWNED