

OFFICE ERGONOMICS GUIDELINES

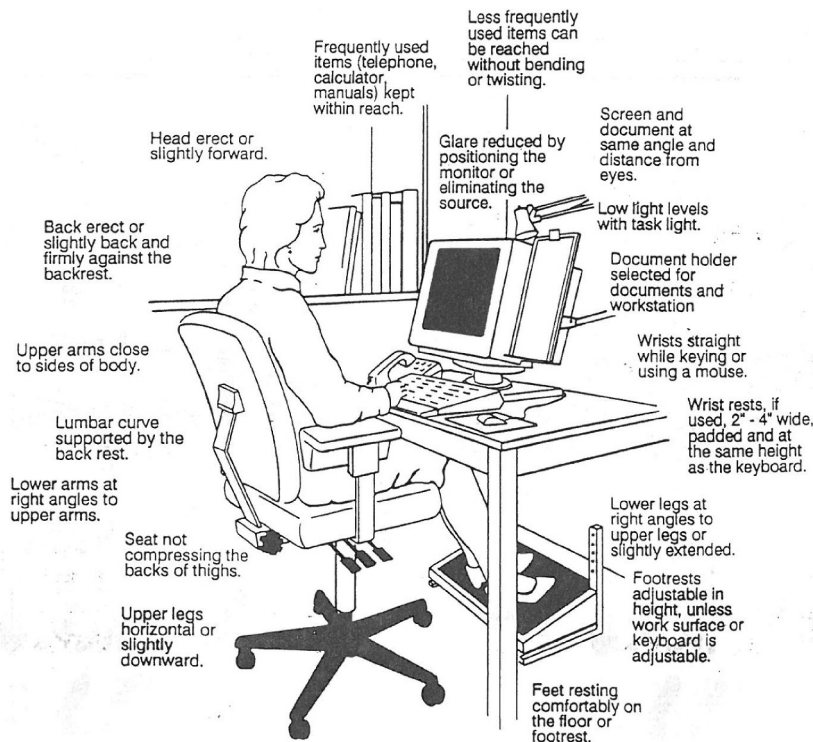
Northwest Chiropractic Center, PLLC

How to make your workstation fit

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Your comfort on the job is directly related to the way you set up and use your workstation. These guidelines are meant to help you set up your workstation to fit you.

Before you begin to make changes in your workplace, you should make sure that your vision is normal or that you have the right



vision correction.

Then, use this image to set up your workstation correctly.

If your work surface (keyboard/mouse support) can be adjusted in height, start by adjusting your chair so your feet are flat of the floor.

You may also find it helpful to have a co-worker observe your posture while making the changes.

Monday 7a– 6p Tuesday 5a– 6p Wednesday 7a– 6p Thursday 7a– 6p Friday 5a– 6p Saturday 7a– 2p
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Call to schedule **425-814-2800**

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