Desktop Computer Ergonomics Ensure the chair Adjust screen to be level with eyes. Keep back is adjusted so screen clean and get regular eye exams. that your upper body is relaxed and supported Ensure your wrists are not bent; use a wrist-rest (sometimes supplied as part of a keyboard). Double-check that your forearms are horizontal and wrists are straight when your hands are placed on the keyboard. The space under your desk should have (6) room for your legs without twisting or being Your lower back needs to be squashed. supported by the chair, alter the angle so that your lower back is supported. If there is pressure on the back of your thighs find something to rest your feet on. Adjust your seat height so when your shoulders relaxed the underside of the elbow should be at desk height If your feet are not comfortable on the floor find something to rest your feet on.

10 Take breaks every 20 minutes to move and stretch your body parts.

SOURCE: http://www.nisd.net/digitalcitizen/sec_digcit/resources/health_wellness_6_12.pdf